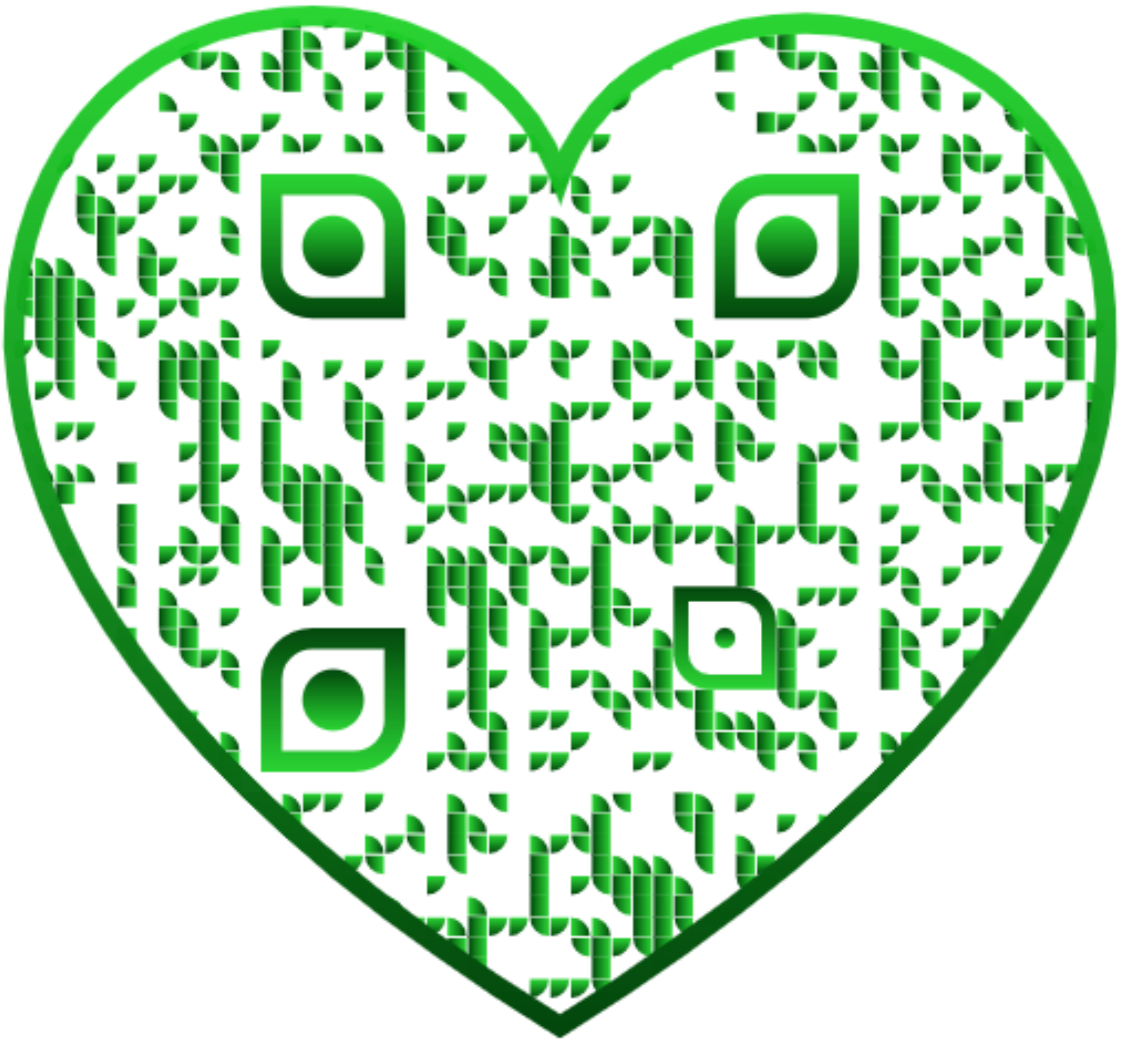
OPENING THE AKASHIC RECORDS

Meet Your Record Keepers
and Discover Your Soul's Purpose

MAUREEN J. ST. GERMAIN
Author of *Waking Up in 5D*



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MAUREEN J. ST. GERMAIN

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FOREWORD

By Lumari

> *The Akashic Records are a vast system of organized energy that imparts the wisdom of the ages. It is a rich, everchanging awareness which delights in the unique and inclusive universal expressions of consciousness.*
>
> *AKASHIC RECORDS: COLLECTIVE KEEPERS OF DIVINE EXPRESSION*

The vast wisdom of the universe, the wisdom of the ages, life, and creation are held within the Akashic Records. So many ancient texts and conversations described the Akashic Records as a library. I could feel its immenseness and wanted to connect with the beings who collect and oversee this vastness of wisdom. My own beautiful curiosity and journey of inquiry led me to approach the Akashic Records and begin wonderful conversations, channeling, and interviews with the Collective Keepers themselves, to understand more about the system, not for references to my own personal path, but to discover what this system is and how it works.

Through the dialogues, interviews, channelings, and teachings that became my book, *Akashic Records: Collective Keepers of Divine Expression*, the Akashic Keepers and I created a space for greater comprehension. Our engagement brings new wisdom about the Akashic Records themselves and opens you to this vast brilliance and the immeasurable wisdom of the universe itself. They speak to me, speak to you, and speak as a resonance of wisdom. The Akashic Records hold individual and universal experience and knowledge in a unique vibrational space where you may gain access, greater awareness, and healing. That is a spiritual delight!

You have unique wisdom and vibrations to share, and this sharing brings

you to a higher place in your own journey. This is a powerful truth. This is why I love expanding our understanding and connection with the Akashic Records. The Collective Keepers of Divine Expression, the Akashic Records, share knowledge with the highest truth and resonance, and that is beyond simple words to describe. The Akashic Records bring this shared wisdom and truth to light. When we share, we emulate this Divine Calling, too.

The Collective Keepers reveal themselves in different ways to different people and beings. Like artists painting the same vista, the scene itself may be the same, but the painting is an individual reflection. With the Akashic Records, the vista is the Records and the painting is your personal inquiry, message, and guidance. This is beautiful and brilliant. This is how I approach my clients and my work. I celebrate these differences in us all. This is how Maureen teaches her students, too. She and I share this true recognition and appreciation of our unique differences and how they contribute to an evolving world. I am honored that she asks her students to read my book about the Akashic Records.

We are all different, and we have different paths to expansion, illumination, and contribution. It's beautiful and important to discover and explore your own gifts and the wisdom that guides you forward in ways that educate, delight, challenge, and reveal a new level of brilliance in your own life and your Divine purpose. There are places where we all converge into the universal wholeness, and there are specific paths you take to fulfill your own destiny. The Akashic Records contain and reveal your personal path and the universal wholeness. The vastness of wisdom, vibration, and opportunities for true transformation and evolution are breathtakingly profound. Each of us who engage with the Akashic Records brings a unique resonance, inquiry, and brilliance to uplift our lives and our world. Our unique resonance and perspectives bring more possibilities.

Maureen has a rare understanding of the multidimensional brilliance of the universe. Her teachings of the Akashic Records focus on awakening you to your own magnificence. She acknowledges your unique gifts and purpose and has created very specific ways for you to experience your own journey and connect with your own Akashic Records in this book. She also focuses her teachings on honor and respect, for the Akashic Records and for each other. This creates a resonance that invites higher vibrations to you. Maureen has been a clear voice and frequent guest in my summits and on my podcast,

Cosmic Coffee Break. I have been her guest as well. She shares her beauty and brilliance as a gift for all of us.

As a conscious channel, psychic, multidimensional traveler, and more, I embrace and delight in the inquiry. It's the path of questions that can illuminate us. I connect with the Beings, Guides, and Divine Ones that hold and work with highest vibrations to discover more for my own wisdom and to share the highest vibrations with you. I am the channel for Alawashka, the Original Language and Vibrational Source of Creation, and this Divine Original Being has opened me to amazing frequencies. It was through my work with Alawashka that I deepened my relationship with and exploration of the Akashic Records. In my delicious journeys of inquiry, I've worked with and channeled teachings and guidance from the Collective Keepers for many lifetimes. Their grace, wisdom, and clarity are really beyond beautiful.

All great answers begin with a great question, a journey of inquiry.

We're all looking for answers, and yet it's the really great questions that continue to drive us ever forward to greater understanding and wisdom. Asking my own rich questions to the Akashic revealed hidden wisdom and vibrational conduits, which I could see and then share with you. Your personal journey of inquiry begins with asking honoring, respectful, and delightfully curious questions that can be your access portal to the Akashic Records. This honor and curiosity open ways to resonate with a greater fullness of your own true being.

Your question itself is an opening for amazing insight. When you ask a well-crafted, insightful question, it opens you to more, to a richer understanding of systems and life and universes beyond what you already know. That's why I guide my clients to formulate questions that will open them to greater avenues of exploration. The Akashic Records are an ultimate resource for all knowledge seekers. Asking guidance from the Akashic Records becomes an exploration of your life and being. Those questions bring rich, complex answers and open pathways for more in your own life.

In Maureen's book, she has very specific questions and exercises that will lead you and guide you to receive clear answers to different aspects of your life. This will help you focus in on questions that are immediate and purposeful to you! She also brings a unique spiritual and historical approach to the Akashic that opens you to see how many people and cultures have sought to connect with the Akashic Records, so you can understand the

different knowledge that has evolved over time. The questions she has crafted and the exercises in this book can lead you to a profound personal understanding and awakening.

> *Be creative in what you ask for. Let your inner self guide you in this. Explore the reasons that you ask. You may find some very interesting things underneath your inquiry that will help you in your life and in your evolution.*
>
> *AKASHIC RECORDS: COLLECTIVE KEEPERS OF DIVINE EXPRESSION*

Play in the greatness. Celebrate your own gifts and pathways. It's time for explorations into your own Divine connections and revelations.

LUMARI is an internationally acclaimed intuitive guide, channel and coach, Wisdom Teacher, and best-selling author of *Akashic Records: Collective Keepers of Divine Expression*, *Living Inspired with Lumari*, *Shopping for a Man: the Ultimate Woman's Guide to Dating a Really Great Guy*, and *Alowashka: The Original Language and Vibrational Source of Creation*. Learn more at her website Lumari.com.

MESSAGE FROM THE KEEPERS OF THE GATES OF AKASHA

Channeled through Maureen St. Germain,
June 21, 2017

We are the Keepers of the Gates of the Akashic Records.

*We would like to clear up some misconceptions about the Akashic Records. The Akashic Records are a vast domain of energetic imprints much like a movie library. In order to pull data from this place, a person works with "reference librarians,"[*1] who are entering the energetic field. They embody this information and then travel to the edge of the energetic field known as the Akashic Records to communicate with whoever communicates with them.*

Since 1978, we have provided humanity with a major dispensation to connect with this energetic field. This is not to be confused with the idea of Akash or Akasha that is often used to refer to anything unusual in the vast domain of the universe.

The actual Akashic Records are a vibratory location that stores possible futures, probable futures, the present, and the past. The availability of information in the Akashic Records is to

assist humans in their return home to God. It is to help you acquaint yourself with the bigger picture of life among the planetary systems. The more you actively open to your own Akashic Records, the more accurate you will become. As for all skills, practice improves outcomes.

*Having the benefit of our wisdom coming from our vast storage of knowledge and your data that's coming in allows you to operate at a much higher level, a more evolved level, we will say. This speeds up your Ascension[*2] work, increases the light you are able to hold, and helps the entire planet, as each one of you is so very important that your changing at your personal level positively impacts every other soul on the planet.*

We wish to address why the Akashic Records have been made available to everyone. We say to you that the planet is going to go through its own Ascension. The earth is at the end of the Mayan cycle of 26,000 years; in order for humankind to catch up to where it ought to be, it was felt that giving access to this remote and thorough library of all that is would lead humans to more openheartedness.

Your lives are difficult; we know this. They are full of mystery and challenge. Learning to open your Records will alleviate much of the disruption or discomfort that you might be experiencing in life. This is the primary benefit. The secondary benefit is that, as you become more filled with light, so also do your fellow humans and the planet. And then the planet will get back on schedule with its Ascension.

Opening to the Akashic Records is similar to opening through a stargate. You are not going through the other dimensions to get to us in the eleventh dimension. You are simply tuning to us; like tuning on a radio dial, you suddenly are tuned to the radio station that you are seeking.

Do you have any questions?

Is it advisable for children to learn to open their own Akashic Records?

We think not. Children already practice free will. Those that would be inclined to have the opportunity to learn already have plenty of free will. And they do not face the challenges that the children who might benefit from it would. Those children who might benefit from it are unlikely to get access because their circumstances are so difficult it prevents such an awareness. So it's a bit of a circular argument in that there are no children that could learn, that would learn, that would benefit.

*We say that ideally the students are eighteen years old before they seek to open their Akashic Records because their childhood might not even matter. There are many Ascended Masters[*3] in embodiment right now. If you are a mother of such a one (an Ascended Master), you have probably been ready to tear your hair out because your child is fearless, and it's because you have an Ascended Master offspring! And if it is true that an Ascended Master's childhood does not really matter, whether they are a good child, or behave badly does not matter. Childhood is not needed for them to be the Master in embodiment.*

They generally seek mothers who will be lenient and not bothered by their strange behaviors. And indeed they will be strange, and then they'll step into their maturity; like the flipping of a switch, they will instantly be at a mature place of wisdom and connection once they reach maturity sometime around age 24.

Another reason it's not advisable for children to go into the Akashic Records for themselves, or for anyone else to do so on their behalf, is they lack maturity to understand the wisdom that is coming in. And finally, they have not yet had the experience of life that needs amending or altering, so what would they gain being in the Records? All of childhood is meant to be a giant experiment in learning how to be a fully cognizant adult human. So being a child is just that, being a child.

As many of you suspect, there are multiple versions of each reality, of each choice. They are funded as you fund them. As you lose interest in an alternate choice, it no longer is funded,

and it fades away. You think if you do not see this alternate version that it is not real, but we say to you these alternate versions are just as real as you are. Say you have been exploring both sides of a decision that might affect your life, such as the decision to go to a certain college. Maybe you feel torn between two lovely locations. Once you make a decision you lose interest in the other one rather quickly, but perhaps not until after orientation in the first college, when you recognize that you made the best choice. Or perhaps you recognize that you did not make the best choice.

In either event, you settle on what you have decided, and you choose to live with that decision. And you cease to fund the nonchosen alternative. However, months earlier, before the decision was made, perhaps before you were accepted at either location, you might have been fantasizing about either choice, and those fantasies filled the field with your desire, and your desiring does create opportunity. Not all possibilities exist, because it does rely upon your desire for things to manifest. Your desire funds the reality, and this funding is recorded in the Records, even though it may not move to a completion, as you understand your experiences.

We wish to remind any and all who would choose to learn or listen to someone who has learned, to never keep the Records open indefinitely. Make sure to work from a place of deep reverence. It is a cosmic dispensation to access the Akashic Records. Learning from the wisdom of your Akashic Records one may consider it much like having an insider who can tell you the complete insight of what is going on in your life, not just the part you see.

It is for this reason that we encourage individuals to learn to open their own Akashic Records. We so love humanity and humans, and we encourage you to be your best self at all times. Access to the Akashic Records is one tool to help you do that.

That is all.

PREFACE

THE CALL

How Did I Come to Be a Messenger for the Akashic Records?

In 2004 I was given access to a dimension that had been closed to humanity for eons. I actually wasn't seeking it at the time, but I am a seeker and a teacher. My life is one of continual prayer for humanity's enlightenment and enlightenment for myself as well. I am a clear channel of light and love to all who seek my services. Yet it was only in hindsight that I actually understood and became aware of the fact that I had a divine contract to do Akashic Records work!

It began when I received a message in a lucid dream. I was in Atlanta and waiting for my host, who was meeting with an electrician regarding her new office. I was in her warm car at the construction site after an all-day workshop. I was ready for dinner but had drifted off to sleep. I woke up from the dream with a very clear message.

I was told that a well-known astrologer (also in Atlanta) had a message for me. I reached out to her by phone and spoke with her husband, informing him of this pronouncement. When we finally spoke the following day, I asked about updating my astrology chart. She informed me first of all that she

did not transmit messages from her guides for other people, even though her guides often gave her messages for herself. However, when she asked her guides if she should update my birth chart, she was told, “Absolutely not; we have a message for her.” In a conversation with her later that day she reemphasized that she never receives messages for other people so was quite surprised to receive a message for me!

Her own angels and guides that she used for her personal work had a number of findings in a message for me! First and most importantly, I was being given access to a dimension that has been closed to humanity for a very long time. What’s more, I was being granted a permanent guide. I was also given other messages that are too personal to be revealed at this time.

Why, I asked my angels and guides, would such a message come through someone I talk to maybe once or twice a year? The answer was simple and clear: “You would not have believed this if we had given this message to you directly.” I knew how right they were. I’ve always been opposed to aggrandizement and self-important teachers. I was reminded that it was because of this concern that I would’ve dismissed any message like this as being out of the ego-mind.

After receiving the “call,” I read everything I could find on the Akashic Records. I was familiar with Edgar Cayce, American psychic from the early 1900s, who famously channeled about them.[*4] Cayce said, while in a trance, that the Akashic Records were the “Book of Life.” “The record that the individual entity itself writes upon the skein of time and space, through patience—and is opened when self has attuned to the infinite, and may be read by those attuning to that consciousness.”[1]

I was in a Cayce “A Search for God” study group for years in my early twenties.[†5] I also studied with an organization that taught about the Akashic Records. I stepped away from this lineage to follow the Record Keepers’ direct lineage.

I was immediately given precise and clear information about specific modifications that were to be employed in order to access the Records without inviting energies that were not a match. Still, I was reluctant to proceed. I wanted to respect their tradition, yet Spirit would make arrangements for me. As I progressed in my own Akashic Records knowledge, it became abundantly clear what I was to do. After I began my

service of opening the Akashic Records for others, I became aware that much of the information that I'd been delivering in the classroom (for the past twenty years of spiritual teaching) stemmed directly from the Akashic Records as well!

Some have said that experience is pulled from the Akashic Records, but the exact opposite is true. All experience is recorded, moment by moment, after the experience. Possible futures exist like a gossamer energy—eerily weaving and waving and hinting at possibilities. How is this so? Your "what if " projections into the future often "fund" these unmanifested threads until you or others take action.

You will learn much by studying this material with me. Everything that is of a general nature that can be revealed is shared in this book. In consideration of privacy and trust, the names of individuals and situations have been changed to protect their identities. Akashic Records sessions are a part of life—just look at the number of individuals giving readings and at all price ranges! Everywhere you look on the web you will find readers. Now you can easily learn how to access this vibrational zone and find answers to your questions.

I look forward to being your guide on this magnificent journey into your own Akashic Records. Even if you have no desire to learn to open the Akashic Records, you will discover a wealth of information to explore and understand more about life on this planet and the process of self-exploration.

1

YOUR WORLD, ELEVATED

Why Would You Want to Access the Akashic Records?

The Akashic Records are a vast system of cosmic knowledge that has come together from the existence of life throughout the cosmos. Each human *is feeding (and seeding)* the Records with his or her consciousness, desires, and feelings. The Akashic Records (Records or AR) hold both the past and present as well as possible futures. The possible futures exist based on potentiality of a soul and its "feeds" to the entire field. The subconscious mind holds the energy of "all that is" for that human soul.

The Records are a virtual record of all that is. They spontaneously sprang from the idea of having an independent record added to the database of experiences from an individual's life, also containing that person's emotional charges and points of view. Everyone has his or her own Akashic Records, as do all living things in the cosmos—the earth has hers; the solar system has Akashic Records as well. Every thought, word, or deed can be found in the Records.

Eight Facts about the Akashic Records

- The Akashic Records are a living field of liquid light.
- The Akashic Records are the library of all that is and all that may be.

- The Akashic Records are available to all who seek them.
- The Akashic Records are like a film library that allows instant access.
- One may view the past along with probable futures.
- All versions of the reality are available.
- One generally views a single time line for one person or group at a time.
- Probable futures allow for informed decision-making.
- The Akashic Records are located in an environment outside the three-dimensional (3D) world we know.
- Interest in the Akashic Records is fueled by a dispensation that allows access to this realm from within the 3D reality by Akashic Records Guides.[*6]
- Anyone can learn to access his or her personal Records.

Some people think the Akashic Records are the unified field, but that isn't so. The unified field is the "soup" we live in. Rudolph Steiner, famous Austrian mystic and founder of the Anthroposophical Society and channel to nonphysical worlds, referred to Akasha as "plastic matter, creative in its physical nature." Thus the Akashic Records are the data within the field of Akasha. Even though New York City is within New York State, one is a subset of the other, and they are not the same! The unified field and the Akashic Records might mimic one another, but a seasoned ARI Guide knows the difference. An Akashic Record Guide is like a Sherpa or mountain guide who is intimately connected with the terrain of the Akashic Records and agrees to escort you. The Akashic Records are a living field and, as such, could be inadvertently altered by humans who enter. You are not likely to be able to actually enter, because your presence could cause a chain reaction by your observing things that you judge and then react to. The Akashic Records Guides will gently and lovingly relay information to help you understand

circumstances in your Records that can shed light on your present situation.

Although the word *akasha* is from Sanskrit, meaning "sky" or "invisible," it does not automatically refer to the Akashic Records. The wonderful book, *The Akashic Experience: Science and the Cosmic Memory Field*, by Ervin Laszlo, implies that everything nonlocal is coming from the Akashic Records. Although I greatly admire the work of Ervin Laszlo, I am not in agreement that everything nonlocal is coming *from* the Akashic Records. It is the other way around; creation is producing the events that are later recorded in the Akashic Records. It is impossible for something that does not exist to be created in the Akashic Records. If the "Records" were the source, then who or what is producing the data? In fact, consciousness is producing the local and nonlocal information; the Akashic Records are the repository of that activity.

Laszlo does a wonderful job of compiling some amazing evidence of nonlocal research data from various researchers from around the world. He also states:

> Science is currently undergoing a fundamental paradigm shift. The current dominant paradigm of separate material things connected by mechanistic relations of cause and effect is failing; there are ever more things and processes it cannot account for. Classical science's conception of the universe has turned out to be flawed. The primary "stuff" of the universe is energy and not matter, and space is neither empty nor passive—it's filled with virtual energies and information. The universe is an evolving integral system, staggeringly coherent and interconnected.[1]

There is a common misconception that everything "other worldly" is the Akashic field. This is a gross overstatement. There is also a notion that the Akashic field influences your life. This is categorically untrue. The field itself does *not* influence outcomes. You are the sole arbitrator of its influence in your life. It is your decision (free will) to use the information you gain in the Akashic Records to improve your life. The data originally moved only in one direction—into the collection of experiences and likely scenarios as you contemplate them. Later, the dispensation was granted to allow access to more than shamans and spiritual teachers, and now everyone can access the

data and use it for their benefit. The data can now flow in our direction as a resource.

The Akashic Records comprise a field that holds past, present, and possible futures. This field resides outside the physical field of 3D that you and I recognize. Yet access to the Akashic Records is easily obtained; the Records are available to all who wish to receive information. As in a library, you will find Records of what you have chosen in the past, what you are thinking about in the present, and what you are considering in the future. This is why accessing the Akasha is *not* a psychic reading. The future is really open to change.

A student recently asked, "You said that the Akashic Records are open for the people on Earth, like a public library. On Earth, an access card is required when borrowing a book or even to gain access to the library. Why is it that we can simply get into the Records immediately on Day 1 through a simple prayer? We are not authorized, yet we are being allowed to a sacred place, like Akashic Records?"

You most certainly *may* go in the Records on the first day. Yet if you are not in a class or workshop, you must get permission. Permission comes when you ask to work in that energy. There are reasons you might not be granted permission to enter. Perhaps you are too tired, had alcohol the night before, or maybe will be getting into an argument later, and you do not want that energy wasted. The information in the Akashic Records is about *soul growth*. Those with "bad" intentions cannot get information that they would find useful, as they might not be interested in soul growth; they would limit their result by their own vibrations and mind-set, rather than being limited by the Akashic Records themselves.

Access to the Records is different from entering them. No human is supposed to be "inside" the Records because it is a living field, and a human presence could affect the Records themselves, much like the Michael J. Fox character in the movie *Back to the Future*. The scene looks like this: Fox's character (as a teenager who has traveled back in time) is suddenly in his parents' former high school, and he's in a scene with his mother (when she was a teenager). She really likes him and corners him and tries to kiss him; he looks at the family photo he kept in his pocket and sees his own image has started to disappear from the photo. Of course he pulls away from her!

However, in my classes each person does go into the "threshold" of the

Records and accesses the Records on the first day. You do not even need my class to go into the Akashic Records, since anyone is allowed to do this. However, as with all classes, a class offers the benefits of an experienced teacher, questions from the students, and the matrix offered by working in a learning environment. You may train with ARI teachers or me and learn about these courses at AkashicRecordsGuides.org.

It is a true blessing to work in the Akashic Records, with either a reader or a guide. You can examine various versions of the future and what choices will take you where you really want to go. As a guide in the Records, I have discovered that when I'm in the Records with a client, there is a recognizable quality or energy that clearly indicates where *decisions have not yet been made by the parties in question.* It may be because one of the individuals involved in the process hasn't made up his or her mind, or one of them hasn't solidified their role.

Some teachers will tell you the Akashic Records are located in the DNA. This is partly true. Think of your local library and a main library as an example. Even though the local Records might be contained in your DNA, accessing them directly changes the possible perspectives and magnitude of the information gained.

The Akashic Records are "outside" of the "soup" of creation. From a perspective of logic, it is not possible for the Records to be in the "soup" and simultaneously *recording* the activity they are collecting. That's like a circular reference in a spreadsheet. Using an outside data collection (e.g., the Akashic Records) from *inside* a system to collect all the data of a system would result in a self-referential statement or a self-reference statement on a spreadsheet.

The Akashic Records are a *living* field; this field is alive with movement that is instantly reflecting your movement along with everyone else's. Because the Akashic Records, also known as the Book of Life, are *alive*, the field shifts and moves to reflect who you are and the choices you are making in the present moment. Even if you come into embodiment with a plan and contracts, you can and *may* change both your plan and your contracts. All of this is easier when you have access to the Akashic Records.

The Book of Life gives you the full 360-degree readout of your life. This means the Record Keepers can give you a review of experiences from an unbiased perspective. Invoking the Ascended Masters (as described later) to

assist you with your work in the Records ensures the accuracy of the information coming through.

WHAT WILL I LEARN FROM THE AKASHIC RECORDS?

Your Book of Life will help you experience and understand the many layers of existence that compose your life. While in the Records, you can learn about subjects that personally impact and concern you.

If you are a mother, information on your children is available based on your level of involvement in their lives. When they're still under your care, you will probably be given full access. When they are adults, still living at the family home, the information will be limited to your own interactions with them. It is best to ask about your relationship with them rather than their future. Asking about their future is a form of prediction that may or may not be available to you.

It is not advisable to open the Records of those under age sixteen, as they are still making decisions about their life. You do not want to unduly put an idea in their heads—an idea that they might either try to make happen or try to not make happen just to oppose you!

You can also receive information about your life partner, business partners, and anyone else you may be interacting with. Remember that the information available to you is directly related to your involvement with the other person. A casual friendship yields less information, while a close friendship will yield more information about your interactions. Additionally, you may be part of a larger group of humanity and may be granted information about Mother Earth and the planet.

Joining the ranks of those who have an interest in the Akashic field puts you in good company. Many individuals tell us they already *knew* much of what their Record Keepers told them, but it was *validating* to know they weren't crazy, weren't making it up, and could now move forward with this information. Always approach your time in the Akashic Records with reverence and respect, no matter what the questions might be. Reverence is most important, as it permits you greater and greater access.

PREDICTION IN THE AKASHIC RECORDS

The easiest way to explain your Akashic Records reading is to say that it is *not* a psychic reading. The Akashic Record Keepers are here for your soul growth. For that reason alone you can ask just about any question you wish. You will not find predictive information like a psychic reading, although predictive information may come through in the Records. The Akashic Record Keepers' answers are based on the choices of the individuals in question. Humans rarely make decisions all at once but often move through decisions as their levels of awareness expand. As your decisions are made at intervals, evidence of these decisions shows up in the form of what you would call predictive in nature. As you seek information, you will acquire understanding, knowledge, and great compassion for situations, circumstances, and events of your life.

I heard a story in my "A Search for God" study group, some thirty-plus years ago, told by Gladys McGarey, wife of the famous husband-and-wife medical doctor team who worked with the Cayce remedies for years. She spoke about her children, who as toddlers always seemed to be opposing each other. At one point, thoroughly discouraged by the rivalry between the siblings, she said to the older one, a boy, "You *knew* you would be coming into this family before you were born!" Without skipping a beat, the six-year-old looked at his younger sister and said, "Yes, but I didn't know *she* was coming when I decided to be in this family."

As a rule, more than one outcome is *always* available for every decision. This is why accessing the Records while you are trying to make a decision (i.e., as you are choosing to make decisions) enables you to envision outcomes based on your *likely* thoughts and actions. It also allows you to explore what might happen if you changed your plans. It is also true that, with precognition and future remote viewing, you may be "lighting" up the field with your choice and preference. Just as you might choose the lighted path because it is more attractive, you are assisting your future self, and future decisions in episodes where you might proactively seed the possible choices with your energetic imprint, making it more attractive.

Real-Life Prediction

One remarkable experience took place with a regular client I had known for years. At the end of a reading, she asked about a potential future roommate and if he was a good roommate for her. The Akashic Records Guides said to her (through me), “Well, it will be good until the luster wears off.” Shocked, she asked, “Luster, what luster? Does that mean he will not stay?” “Yes,” came the reply. “When will he leave?” Through me, the Record Keepers answered “July,” which was the following month. The planned move-in was in just a few days, in June. She said, “Of what *year*?” “This year,” came the reply from her Record Keepers.

“Well, maybe I shouldn’t rent to him?” she asked with great concern. The Record Keepers said (through me), “No, keep your date with this man, as the timing will lead you to the roommate of your dreams.” And it turns out this is exactly what happened! The man became involved in drugs, got fired from his job, and left abruptly. The new roommate found in August wasn’t even looking in June. She turned out to be an ideal roommate and delightful friend!

Advanced knowledge that things might not work out with your new roommate would be helpful because then you’d be able to minimize your upset emotions about the drama and disappointment. This can be a huge benefit and in this client’s case allowed her to trust that her choice of roommate was right for *her in the moment*, as she did indeed meet the roommate of her dreams two months later. The new roommate lived with her for the remainder of her lease; they had a terrific year together and are still friends.

WHAT HAPPENS WHEN GOING INTO THE RECORDS?

When accessing the Records, one never actually goes *into* the Records but goes to the threshold of the Akashic Records. We have simplified this meaning of going to the threshold with the phrase, “going into the Akashic Records.” Your work with Akashic Records Guides is always at the edge of the Akashic Field, with the Akashic Record Guides, who are like librarians. They will assist you with data retrieval. Going directly *into* the Records is not advisable. Can you imagine your reaction if you saw someone that was

harming you in a past life in your life now? You might respond with passion if you saw something like your current spouse being the person who murdered you in a past life!

Edgar Cayce called this system of knowledge the “Book of Life.” Many see it as a library, but it is far more than that. I have experienced it as a living field. It is alive and absolutely pulsates and vibrates. If you were to find yourself physically in it, it might feel like you were in the ocean feeling the energy waves moving through you. It is constantly fluctuating and moving. This is because life is fluctuating, and the Akashic Records are a reflection of that movement.

The story of a client of mine, a man who wanted to attract his beloved, comes to mind. He was a highly educated man who had the world by the tail. Yet I could see that he had had many lifetimes as a monk. I could see this in the Records as clearly as I could see him in front of me. Even though he truly wanted a mate, he was unwilling to let go of the priorities he held as a monk, the vows he had taken, and his solitary experiences. This is often why so many deeply spiritual people have trouble with finances. They are still trying to hold on to their vows of poverty and simplicity.

Yet in this lifetime this man had hoped to achieve his heart’s desire—a beloved. The Record Keepers instructed him to access his life as a monk and relabel it as *one* way to be in life, not the *only* way. He was instructed to value both. After that session in the Akashic Records, he met and married his beloved within a few months.

What Happens When You Open the Akashic Records?

A version of you becomes activated in the eleventh dimension, where the Akashic Records exist. A portal or nexus opens that allows you to connect directly to this aspect, without going through the dimensions in between. The eleventh dimension is a vibrational state that expands your awareness to the vibration of the Akashic Records. When your vibration is tuned and you are a match for this, you can easily access information coming from this higher dimension.

The eleventh dimension is considerably removed from the experiences of the third dimension (3D). In this system, this lineage that I teach, you will also want to learn how to access your Higher Self, the fifth-dimensional

version of you that is without bias, prejudice, or preference. The fifth dimension is a place of being, not unlike our experience in the third dimension (3D). It can coexist with 3D—however, 5D is a zone of unconditional love *without* polarity. It is also a way of being that is so powerful its emanations change everything around it to unconditional love. There is choice here yet all choices are loving and kind. Love without judgments may be hard to imagine because of our typical polarity mind-set. There are ways you may have discovered it: when you think of someone who has been kind to you, when you think of a stranger who helped you, or when you think of how a mother loves her child unconditionally. Or perhaps imagining a grandparent who loves the grandchild in spite of his or her behavior will help you understand this. More may be learned from chapter 9 of my book *Waking Up in 5D.*

In this system (or lineage) called Akashic Records International, we invite you to build a Higher Self Connection. When you approach the Akashic Records from your Higher Self, you are able to keep your personality, your biases, your judgments out of the communication and may then become an accurate, discernable channel for the Akashic Records Guides.

You benefit from this 5D launching place because it creates an easy channel for accuracy of information that you might not be expecting. Your Akashic Records Guides will surprise you with their loving, kind, and gentle information, even when the answers you were looking for are *not* the answers you are receiving.

How Do We Get to Access Information in the Records?

Accessing the information in the Akashic Records comes through your sincere request to access the available information. The actual method is covered in chapter 3. Like any training, to help you gain accuracy, I teach protocols. There are also certain signs and signals to look for, which the Record Keepers call “markers” (which will be discussed in chapter 5). Think of when you are looking for authentication that you have connected to the internet or have paid a bill. Your computer authenticates a connection and then validates the connection is safe and accurate with internal software programming.

I use a Sacred Prayer as the basic entry point. We then invoke the Ascended Masters who oversee the Akashic Records along with the Guides of the individual whose Records are being accessed. You work with the reference librarians, also known as the Akashic Record Keepers and Guides, who are part of the living field of Akasha and who begin preparations for your communications the moment you decide to access the Records.

Some of these librarians are permanent, and their very existence becomes completely intertwined with the energetic field of the Records. Other beings take on the assignment and are there on a less than permanent basis. There are humans on the earth who were embodied in the Akashic Records at a prior time. These blessed beings are born with a beneficial energetic imprint of the Akashic Records. One of my students is such a being. Her information was highly authentic and accurate. Even her name was an acronym of the Akashic Records.

ARI

My work in the Akashic Records is approved by and initiated by the Akashic Record Keepers, who instructed me to found an organization called Akashic Records International (ARI) and to teach this work worldwide through that organization. Our ARI Guides are trained and certified to work with others and to open their Records. For more information see www.AkashicRecordsGuides.org.

WHO ARE THE SPONSORS?

The sponsors are well-respected and well-known Ascended Masters: the Great Divine Director, the Goddess of Liberty, Lord Sanat Kumara, and Lord Metatron.

We actually do not need sponsors, but they help us do our job from a place of accuracy and humility. I and those I train are devoted to service, and when we ask the Ascended Masters who have sponsored this tradition to help us, they do. This means we have some “quality control” from on high. We are human, and even though our connection and guides are really good at what they do, we know that humility is paramount.

It is possible to think you are receiving information from the Akashic Records when in fact an entity or energy is coming through you that is not in the Akashic Records. Calling upon the Ascended Masters ensures your success. This is another reason we ask the Ascended Masters by name to sponsor us and to show up.

Great Divine Director

The Great Divine Director is the overseer of life on Earth. He is constantly bathing Earth with his energy of devotion to the will of God, to make it easier for the humans with free will to find their way. He carries blueprints for the great golden age, and you can ask for these blueprints to be imprinted in you. When you call upon him you will receive a fresh understanding of your divine direction. One of his etheric retreats is dedicated to the Maltese cross. If you are attracted to this symbol you are probably part of the souls who have come to bring forth these divine energies through the blueprints housed in this etheric retreat.

Fig. 1.1. Maltese cross

The Great Divine Director is as available to you as much as you allow your consciousness to be available. Connecting with him will magnetize you to your divine will. Tapping into your Akashic Records makes it easier to accomplish this as it satisfies the human desire to know and understand the great “why.”

Even though I’ve been calling him into my awareness for many years, I finally *experienced* his energetic presence for the first time while teaching in China. He appeared in my visually conscious awareness during a crystal bowl session that was gifted to me and performed by one of my organizers. My entire being was flooded with his amazing blue energy. I saw (with my inner eye) his appearance in his great blue causal body that is larger than the entire earth. I took that as a sign to return to China to teach many times. I am grateful for his sponsorship of me there. He is the being who works with you (and all of us, if you request it) in this training and in your own work for yourself and with others in the Akashic Records.

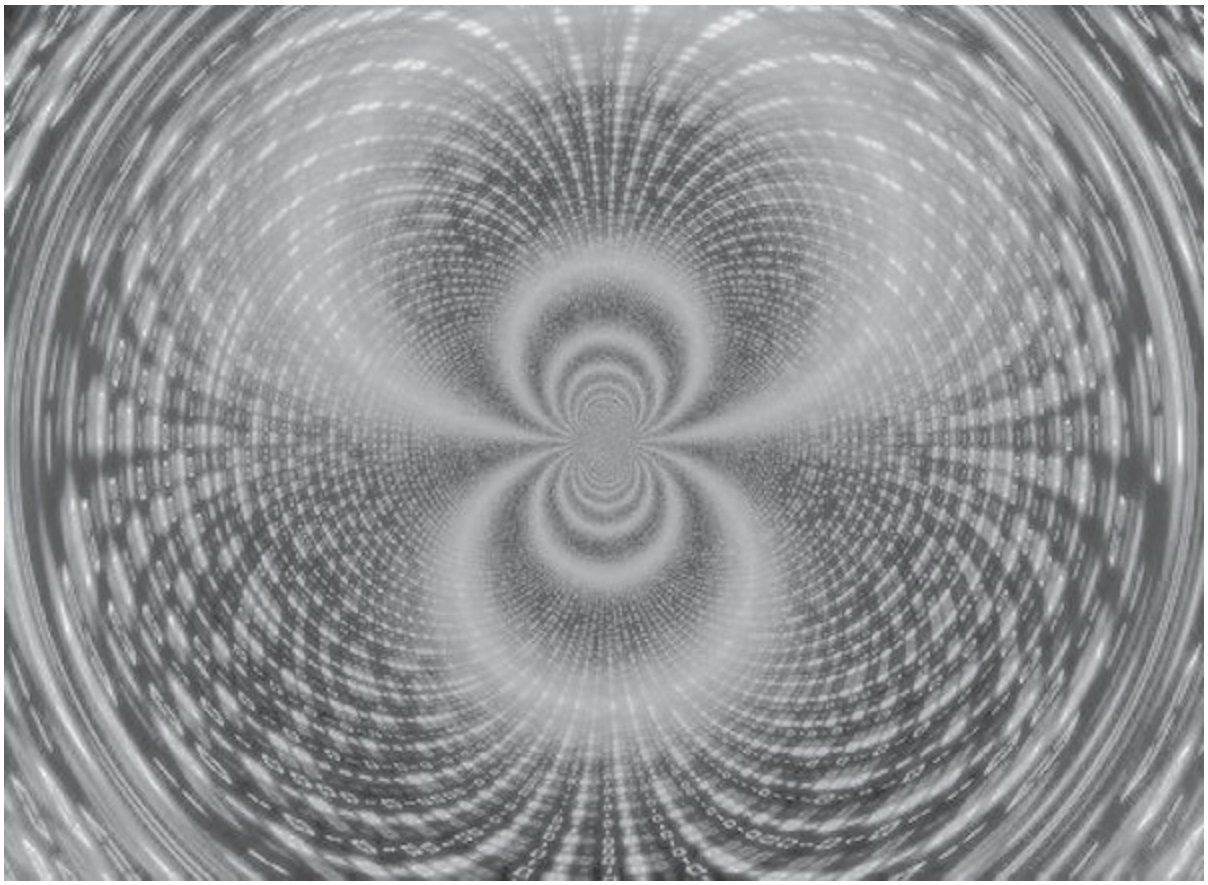

Fig. 1.2. Great Divine Director causal body

Sanat Kumara

Sanat Kumara has been with me for as long as I can remember. I did not know who he was until my twenties, when I saw for the first time a picture of him as he is depicted on the Sistine Chapel in Rome as God the Father. You may recognize this picture of "God" pointing his hand, almost touching the hand of man. The first time I ever saw this image I only saw his head, yet I felt an instant familiarity, and the need to acquire a copy of the headshot from the famous painting. I hung it in my living room in a prominent place for over twenty years until moving to a smaller place, which necessitated letting it go. By this time his image was imprinted on me anyway.

Sanat Kumara is the great guru, savior of the earth. He is known in all the major religions by various names: Ancient of Days, Skanda/Kartikkeya, Brahma-Sanam Kumara, and even the Green Man for Sufi Muslims.

Can you imagine a time when you've created something in your kitchen that came out so badly you chose to throw it out and not eat it? Well, that's how bad things were on Earth when Sanat Kumara stepped forward to save Earth from destruction. It was no small matter for Sanat Kumara to come to Earth with his family and friends. According to tradition, he came from Venus to Earth in this, Earth's darkest hour, with 144,000 highly advanced volunteer souls to hold the light of God on Earth when Earth faced the decision by the Great Karmic Board[*7] as a failed experiment.

While I was in Japan for the first time, Sanat Kumara came to me on my first night there. Even though he is well known among the world's major religions, I hesitated asking my translator if she had ever heard of Sanat Kumara. I did not want to embarrass her or put her on the spot. I was stunned to discover later that many Japanese revere Sanat Kumara and make pilgrimages to Mt. Kurama,[†8] where they believe he landed with his spaceship from Venus.

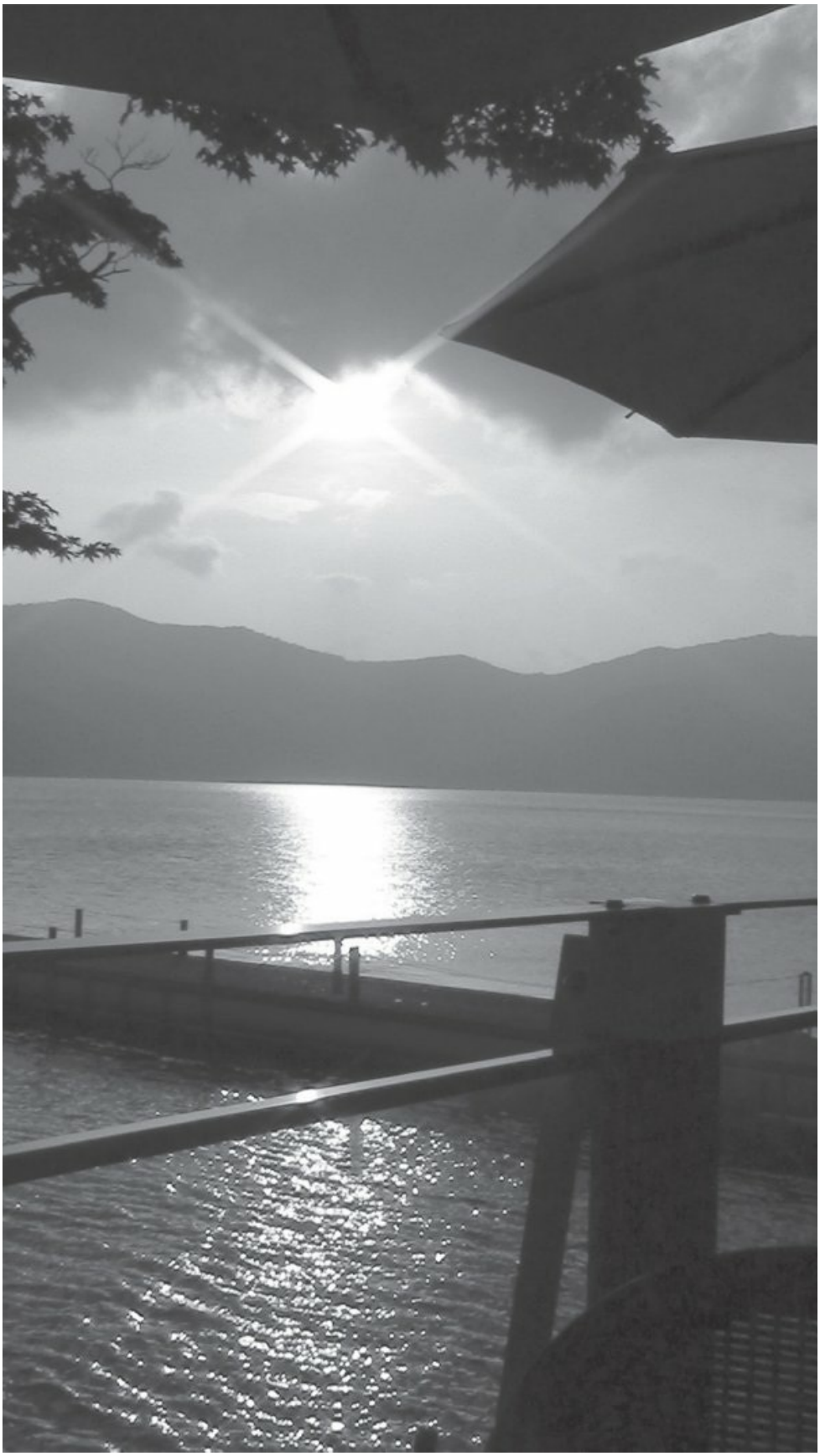

Fig. 1.3. Sanat Kumara

Fig. 1.4. Sanat Kumara landing pad, Kyoto

Just a few days later, on my break, with the help of my translator, we arranged a trip to this sacred place where the Japanese created a monument on the ground to Sanat Kumara. Although I have found this literature nowhere else, we can believe it is true.

Goddess of Liberty

I love the Goddess of Liberty and have been collecting photos and icons of this cosmic being for as long as I can remember. Her etheric retreat is established over Grand Central Station, New York City, and is also in the South of France.

Long before I ever moved to New York City, I had icon memorabilia

claiming her as friend and sponsor. Although this playful image (see fig. 1.5) of me with a New York City department store replica of the Statue of Liberty shows that I do not take myself too seriously, I do take our guidance seriously. I know you will too.

Fig. 1.5. The author with the Statue of Liberty in a department store

The Goddess of Liberty is an important part of our work, and we are grateful for her patronage. As a matter of fact, I did not even remember I had this photo, but Lady Liberty must have sent me the reminder, because I was shown where it was in an unmarked folder from six years ago as I was working on this book!

In addition to her famous statue in New York, Lady Liberty is found at the pinnacle of the domes on numerous state capitol buildings, including one in Madison, Wisconsin. She is an icon in Greek mythology known as Demeter and represents the concept of individual freedom and liberties. Individual freedom is not the same as political freedom. Individual freedom is authenticity and the ability to match thoughts, words, and action.

Fig. 1.6. Statue of Liberty

As an Ascended Master, this goddess serves as chairwoman and spokesperson of the Great Karmic Board and holds the god-consciousness of Liberty for our world. The mission of the Goddess of Liberty is to hold liberty's flame of God-gratitude, which burns out oppression of all kinds. For me personally, she also stands for the liberated woman (or man) who is in service but not servitude. She works with humanity of Earth to maintain the flame of gratitude and liberty. It is her deep devotion to humanity that led her to intercede and secure the release of the Cosmic Light[*9] in the 1930s after

the old occult laws were set aside.

For each of us individually working in the Akashic Records, she also represents our “divine nature” or “divine flame,” which allows us to approach the Akashic Records from a place of nonduality that permits truth to be told.

It is reported that the Goddess of Liberty is the being who provided George Washington with a vision of the future that gave him the courage to continue his efforts to stand up to the British.[2] In one of my past lives I was the mother of George Washington—and feel a strong connection to his energy.

Lord Metatron Is the Overseer of the Akashic Record Keepers

As a cosmic being, Lord Metatron holds the Divine Matrix, the point of creation where the energy of God produces manifestation in a geometric form with purposeful focus of energy. It contains the seed of all life moving through the cosmos. He sits on the threshold of creation. He is the overseer of the angelic realm and sits at the right hand of God. He tells us, “I am one with God, but I am not God. I carry the seventy-two names of God. I burst forth into being when God desired to manifest. I am *the* gatekeeper between chaos and the void and manifest form.”[3]

Lord Metatron helps me carry the matrix of sacred geometry. This matrix is the template of the expression of creation from the divine moving through matter that allows humans to co-create with God. I believe he is with me in all the teachings of sacred geometry that move through me. The Ascended Beings that you call in to oversee your work will provide a beautiful geometric matrix—a geometric pattern individualized for each person—around you that serves as a lattice and connector to the Akashic Records. This is initiated by Lord Metatron and is available to you when you open the Akashic Records by invoking his name.

Power of Invocation

In fact, by invoking each of the sponsors by name, you invite them to be part of your process, thus enabling them to do their jobs of service to humanity through you as well. It is this incredible partnership of love that makes this lineage in the Akashic Records so very powerful! I have been working with

the Lords of the Akashic Records for many years and have learned many things for my clients and students. Access to the Akashic Records is limited to only those who ask. It is my deep pleasure to share my love and respect for the Ascended Masters who love and cherish us, and who support this work through their sponsorship of our efforts.

We are honored that the Ascended Masters have continued to show up in our lives. You can ask them to show up in your life too! Just ask them. You might say:

> *I ask the Goddess of Liberty, Sanat Kumara, and all the Ascended Masters who assist me to remove all obstacles from my life!*

WHAT DO WE FIND IN THE RECORDS?

Many will say the Akashic field contains large amounts of information. I have seen this informational expression to be fractal or spiral-like. The more you examine information, the more information you receive. The closer you look, the more detail becomes available. For example, one of the certified Akashic Records guides decided to ask *the exact same question*, each day, every day, for a month. She discovered that more information was made available to her each time she asked. She found that they gave her deeper and deeper understanding because her persistence allowed them to dictate to her loving guidance and loving analysis. This was based on her sincere persistence toward growth and understanding.

Asking a question that you have asked before is different each time, because their answer has changed you. By the time you ask it the second time, you have been influenced and changed from who you were when you asked before. Thus, asking the same question again provides deeper insight with each answer; you become more informed and different. The knowledge you gain each time you ask a question changes you, and your knowledge changes the Akashic Records!

The action of asking the question changes your future as well. This is because it is nearly impossible to ignore information that comes through from the Records, and thus your *asking* produces outcomes that shift and move you based on your daily practice. Asking the same question daily will make you

more and more informed and create more understanding and wisdom in you.

PURPOSE OF ACCESSING THE AKASHIC RECORDS

The Akashic Records hold the recording of your soul's journey—past, present, and probable futures. Akashic Records training helps you raise your self-awareness to a better understanding of you, the world around you, your family and friends, and gives you awareness that inspires you to make your optimal choices.

Making optimal choices ultimately makes you happier. Sometimes we choose what we think is appropriate in the moment, but with the wisdom from the Akashic Records we can make inspired choices that might not make sense in our 3D world. This enables us to advance spiritually, mentally, and emotionally to the fifth-dimensional human we are all becoming.

A student asked me, "Is only *the most valuable information* brought forward?" This is a lovely question. Coming in from the eleventh dimension, where the Akashic Records reside, there is no assessment of the "most valuable" information. This implies judgment of possible pieces of information. This question is based on a 3D version of the reality that looks for a way to understand. When we ask the question in this way we're emphasizing our 3D existence. The answer is found in looking at it in another way.

The information is ideally suited for you, in the precise moment when you ask, from your own Record Keepers and Guides, which allows you to be and become your most evolved self. The reason I challenge the statement, "the most valuable" is that it implies superiority over other information. In the Records there is no polarity. There is so much love and compassion, joy and deep nurturing that the quality of "most valuable" does not exist.

Accessing your Akashic Records leads you to discover your soul's purpose and gives you a jump-start on any spiritual work you may be doing in this lifetime. When you learn how to open the Akashic Records, you can shed light on who you really are, what you are doing, and where you are going. It is for soul growth.

While working with the Record Keepers, you can get completely accurate information. You will feel the love and appreciation the Record Keepers have for you, along with their deep compassion for the human spirit. They know you, who you are, and what you cannot see, and what you can be! They know what you truly desire. They have information that can help you with your business, family, relationships, and personal decisions.

Some people might seek information in the Akashic Records believing that it will give them a certain advantage over others. It doesn't matter that their desire may be based on self-interest. I love this desire because it is what brings the seeker to me or into a classroom. This idea makes me smile, because even this desire is tamed by the loving, gentle, and compassionate answers the Record Keepers will provide. Any information you gain can impact you, but only if you allow this information to influence you. Most people find this beautiful energy irresistible because they experience the beauty, symmetry, and order of the universe while accessing the Akashic Records. As one ARI Guide stated to me, "The loving energy is addictive."

NO MORE KARMA

This is a totally new concept even though I have been teaching it since 1995. What does "no more karma" mean? It means that you are no longer burdened by the mistakes of the past. It means the weight of any prior mistakes can no longer hold you back. As you accept this about yourself, you will literally erase the history of errors in your Records! As you move into awareness that all experiences are valued, the Records will change to reflect your change. A helpful clarification can be found in a message from the Great Divine Director, the Ascended Master who holds the divine blueprint for humanity.

MESSAGE FROM THE GREAT DIVINE DIRECTOR

CHANNELED THROUGH MAUREEN J. ST. GERMAIN TO LIVE AUDIENCE, MARCH 21, 2017, HONG KONG, CHINA

This is the Great Divine Director who has joined you from afar. I hold the matrix for this planet. I hold each of you in my heart. I wish to speak with you about this idea of "no more karma." And

tell you that it is more far-reaching than you realize.

By making yourself aware and allowing this information to pass through you, you have created a matrix that now reflects to everyone in your world. Everyone you speak with, everyone you touch, will be changed. There is no need to keep score anymore. Take each moment as it comes. Let go of your wounds. Hanging on to your wounds punishes you more than the other (person). It keeps the game going, where it need not continue. So let it all go.

How can there be no karma?

We know this is not easy. But even among you, you know that so much happiness awaits you when the game is over. Everyone celebrates. Start thinking in those terms. And be the first to be of the new game, the new game where there is only love.

*The game is over when there are no more players. Will you be the first to leave or the last? Do not struggle with this information; even that will keep you in the game. Instead, ask me to help you release any attachment you have to this (3D polarity matrix[*10]) game; ask me to bring into your world whatever it is you feel you have lost.*

Know with absolute certainty, you are one of the way-showers, showing the way. Do not press this information on anyone who would not be ready to hear it. Let it unfold in its natural way.

We remind you again that even resistance will keep you in the game.

This is not a reasoning opportunity. This is simply a choice. I will help you hold your new matrix (of nonpolarity) if you ask. Call upon me daily; when you go into the Akashic Records, say my name. If you cannot go into the Akashic Records daily, at least call my name, and I will be with you and hold the matrix (for you).

There is so much love for you. We love and cherish each

and every one of you. You are the change we have been waiting for. Be modest and kind. The rest will follow.

One woman wrote that she thought of "no karma" as being equal to no traffic lights on the roads and that it would cause social chaos and disorder. This was my response to her:

> This is your opinion, not fact. Shenzhen, China (for example), is a very large city. I stayed in a busy neighborhood called City Center. There were no traffic lights anywhere. There were traffic circles; there were many roads going in many directions, crossing each other, leading into each other and more. Drivers watched for each other and were very courteous. It certainly is possible for a *new version* of Earth to exist, where individuals have so much love and joy that they do not hurt one another, they need not steal from one another (because they have everything they need), and they are interested in *experience*, not gain, nor are they interested in having *power over another*. In fact, in this new Earth, this new "game," each one seeks to help another as much as they help themselves. As humanity steps into their mastery, and treats each other with love and grace, the desire for mutual benefit is the driving energy.

Karma has been drained away. In the old days those whose agendas are for humanity to fail could intimidate us into conforming. We are no longer bound by rules or roles of the past. We are no longer bound by how these notions should be.

What I have learned is that the purpose of opening the Akashic Records has expanded to include:

- Assisting humans in understanding human behavior
- Giving information to assist choice—*preferably to choose differently*—(no judgment)
- To help humans honor one another through moving out of judgment
- To empower choice, *always choice*

Louise, a woman who had learned to open the Records for herself, was astounded at the information she received when opening her own Records to ask about her daughter. In America, adult children usually move out of their parents' home in their mid-twenties, yet her thirty-five-year-old daughter was still living at home. Her younger children had moved into their own homes, and as a mother, she wanted her oldest daughter to move into her own home so Louise could have her privacy and control of her space.

She had meditated on this many times and had asked her Higher Self[*11] about it. She was told to be more compassionate. Yet when she accessed the Akashic Records, they showed her how afraid her daughter was to venture out on her own, even though she had a trust fund and a part-time job.

As her own Record Keepers helped her to see life from her daughter's vantage point, the Record Keepers informed Louise that her daughter would always be there for her. This generated a feeling of such compassion that it gave Louise renewed patience and appreciation for her daughter, thus improving their relationship! And she reported, "I had never thought of her being there for me!" Today they are companionable friends and enjoy each other's company. Gone are the days of discontent and drama.

No Judgment

Along with "no more karma" comes "no judgment." From the Akashic Records vantage point, all experiences are valued and therefore no valuation exists such as an imprint to label (good or bad) or color information. At the subconscious level, certain conditions and experiences exist while others are avoided. Some experiences are attractive for various reasons relating to decisions made by the individual at some level of consciousness in order to achieve some specific knowledge or experience.

CHANGING THE PAST

At the Akashic Records level there may be more information available. Also, in the Akashic Records, the field is so fluid and flexible as to be able to change the past. How is this possible? There are two possible ways.

When you shift and change as a result of your own work in the Akashic

Records, you become more loving and balanced, which produces a change in your past extreme experiences, and they actually soften. Your memories change, becoming less painful as you are able to embrace the full view—the holographic view—instead of your own myopic view. This can happen without your consciously focusing on it.

How will you know you have changed the past? It occurs when you are able to remember both versions of an experience, the deeply painful one and the gentle, compassionate one. At that moment of recognition, you actually make a choice to replace pain with compassion in the Akashic Records. Another way for this to occur is through the healing effects of St. Germain's violet flame. Many an individual who has invoked St. Germain's violet flame has altered his or her past.

Various forms of chanting can alter your memories and thus your experiences. The great healing of Ho'oponopono also changes the past, releasing the stronghold of pain and suffering that has held humans in bondage.

Another way to change your past is to proactively review a painful memory of yours in a meditation and insert an additional element that dissolves the pain. This new element is another person (you as your adult self would be ideal) to champion your need for love and affection and then to provide it.

For example, one woman remembered a time when she was an infant crying in her crib and no one came for her. Even as an adult she could still remember this horrible feeling of being abandoned. In the guided meditation that I taught her, she added the presence of the adult version of herself to comfort herself as a baby and hold her and cherish her. In this woman's case it completely healed her wound, therefore changing her past. She remarked afterward that she had different feelings about the situation and about herself. She began to notice feelings from this event were no longer part of her consciousness. And it allowed her to express more love toward others as well.

Finally, and quite possibly most importantly, the Akashic Records are maintained by beings of vastness whose compassion and love for humanity can change your experience in the present moment while you are in the Akashic Records. This is another way you may change the past. Receiving their love and guidance, adjusting and forgiving yourself and others,

instantaneously changes the past along with the present. This is one of the dispensations of this age; those who know how to use this and understand this may utilize it.

BELIEFS

I believe in God. I am a devout being. I honor your tradition, whatever it might be. Some of you are still practicing the religion you grew up with. Some of you have no official religion. Some of you practice various forms of spirituality. One thing I know: all of life is sacred. The important thing is that you are reverent toward life. I believe in life after death, and I believe that your divine plan and your Akashic Records are accessible to you for your advancement.

Accessing the Akashic Records is a mystical tradition, and you will find answers not only to your own personal questions but also mystical questions that have plagued humans for eons. Before the recent dispensation of the age, only shamans and holy men and women (medicine men/women) had access to this resource. The time has come to unlock the mysteries of the ages. It is time for each of us to take responsibility for our beliefs and to expand and grow our wisdom.

2

ANCIENT TIMING FOR TODAY

What's in It for the Record Keepers, and Why Did They Step in Now?

Humanity is on the return cycle and ready to release the negatives of ages past. They did not need to endure (again) all that they had experienced on their descent into matter. Humanity is on its return home. Think of a family getting ready for a picnic. They must assemble their supplies, maybe toys, baby supplies, blankets, and so on. They get everyone and everything into the car, then stop at the deli for food or other supplies. Finally they are on their way, but they take the scenic route because this is a family adventure, and there are some beautiful views along the way. At last they reach the park, settle in, and relax with their picnic. The children have fun playing on the equipment, running around, flying kites, and more. Then the concert starts. They enjoy themselves immensely. When the concert is over and it is time to go home, they assemble all their belongings quickly and take the direct route home, happy and exhausted.

That's humanity. We are on the final stretch of this adventure. We have expanded and expanded life and experiences. We no longer need to test every theory, express every emotion, or suffer every offense. Much of what we desired to be discovered has in fact been discovered. The decision to make the Akashic Records available to humanity came from the Great Karmic Board. It was felt that humankind could benefit from access to the wisdom of their past experiences and the wisdom of understanding their own past behaviors as well as those with whom they interact. They could then avoid going deeper into the misuse of love and light.

Knowledge would create the option, and thus the choice to be more loving, kind, and honest would readily be available. If you know the motivations of your current conditions, and the motivations of others around you, you can feel compassion for yourself and the others involved. It changes you. It enables you to become the wise one.

Humanity is about to do something that has never been done before, except by great saints and sages. Humanity is about to become fifth dimensional (ascend) without dying. We have plenty of examples of well-regarded spiritual beings who have accomplished this—Jesus, Buddha, Mother Mary—but never before has a whole evolutionary species or *whole planet* attempted to do such a thing.

The Mayans and Hindu sacred scriptures speak of the great year—a cycle of 12,000 years as the solar system moves through the *yugas* (ages). This cycle is the return of the earth into a higher vibrational state that many mystics (including me) speak of. This full cycle of time is estimated to be around 24,000 years, with half of the time descending and the other half ascending.

During the progressive half of the cycle (Utsarpini), there is a gradual increase in knowledge, happiness, health, ethics, and spirituality, while during the regressive half of the cycle (Avasarpini), there is a gradual reduction in these qualities. Each half cycle comprises six smaller periods, and together these two half cycles constitute a complete time cycle. Many other ancient cultures—the Chaldeans, Zoroastrians, and Greeks—also believed in a 12,000-year Cycle of the Ages.[1] Humanity is in the progressive half of this cycle. So we are all getting the benefit of this expansion of love, health, happiness, ethics, and spirituality, along with great knowledge.

Man's inhumanity to man has also been reassessed and reevaluated as intolerable. The suffering of humanity is coming to an end. Humans are choosing to reject evil. Humanity is entering the Great Golden Age. Opening up your own Records, and later learning to open the Records for others, will greatly assist the process of soul expansion and collaboration. This knowledge and connection allows each individual to carry greater compassion for everyone they interact with. As we each give each other more love we change the reality proactively. This creates greater compassion for all of life and opens the way to becoming our most evolved self.

ANOTHER GREAT COSMIC DISPENSATION

Access to the Records has been given to humanity so its members could reap the maximum learning from their mistakes and ask about situations and experiences in order to truly understand their full meaning.

A personal story illustrates this: when I was an eleven-year-old I had to make a big decision about the one and only birthday party I would have. We were a farm family and busy with the farm. I was one of six children, and birthday parties were not routine. I could hold my party on the day closest to my birthday or I could wait for it a week later.

The day closest to my birthday was also the day of "First Holy Communion" in our church. Parents celebrate this with a big party that includes family and relatives. At the Catholic school I attended in my little farm community, it was very likely that a number of the children I would be inviting would also be required to attend their family party for their younger siblings' first communion. This would prevent them from coming to my birthday party!

I was young and inexperienced in understanding what it meant to postpone a party in order to exchange it for better attendance at a later date. I did not want to wait. After all, I had waited almost twelve years for this party! I did not fully understand my choices and their possible consequences. I did not fully grasp the rewards of waiting.

I was deeply disappointed when only a handful of children came to my party because so many invited children were expected at siblings' parties. I remember my big sister comforting me. Today I have no problem waiting for what I really want because I understand that delaying may benefit me far more than the discomfort of waiting.

When you are in the Records, they will help you see, feel, and understand what you must comprehend in order to make your ideal decision! If I had asked the Record Keepers about my party, they would have been able to help me see both versions of the party and clearly know what the outcome would be. I would have been able to feel the joy and fun of a much larger party, just one short week of waiting away! But of course children do not go into the Records.

In another example, a student of mine opened his Akashic Records for a

session and received information that the person he was attracted to wasn't the *best* choice for him. He did not understand, and the revelation did not feel "fair" to him. However, he had learned how to connect with his Higher Self (see chapter 5 for detailed instructions on how to connect with your Higher Self). He was accustomed to his amazingly accurate Higher Self Connection and the information he often used to validate his own insights. It was complex.

He then asked me to check in with my Higher Self on this matter. He was hoping to validate his information. Although I did not know what he had learned through opening his own Akashic Records, the answers were identical, including that he was strongly attracted to person A but that person B was the best choice for him at this time!

Several weeks later, when he finally was able to spend time with person A, his Higher Self revealed to him that this person would very likely die young, and that was a loss he was not meant to suffer through or experience!

Two days later, I unexpectedly received that same insight while in the Akashic Records and shared it with him. In this conversation with me, he confirmed that his Higher Self had revealed the very same information to him. This is an example of how the Record Keepers might show you something so you can gain a broader perspective rather than making decisions with limited information.

What Will I Ask in the Akashic Records?

Initially you will benefit from asking questions about your feelings and the feelings of others. Emotions drive many actions and decisions. Humanity uses emotion to enrich and expand experiences. Thus, human emotion has increased the *uniqueness* of experiences that does not exist elsewhere in creation.

Creation wanted to expand existence in a unique way by forgetting who they really are and choosing to separate from that which is inseparable. Initially, at the creation level, it was not fully anticipated that emotional pain would also be expanded. This also means that humans experience increased emotional pain, which is not wholly felt at higher realms. This is why it is extremely important when you are suffering to alert the beings of light that support you that you need extra help.

I often wondered if higher beings could feel our pain. As I begin to experience them, I realize they are so much more finely tuned that our physical suffering is not felt at higher levels. How will they know when you are in pain, then? You must communicate with them, ask for their help and healing and transformation. Let them know of your suffering so they can assist you more specifically. Paradoxically, one might assume that higher beings have access to your Records, but that is not necessarily true—until you reach out to them for assistance.

In the Records, we have access to the motivations and desires of others; this allows for compassion and acceptance that would otherwise not be available. When we understand another person's pain, wounds, and motivation we are usually filled with compassion. In addition, when we are in the Akashic Records, we have access to those memories the person has held.

The wonderful human question of "Why?" has become the most common and most useful question in the Akashic Records. When a human achieves greater understanding of the "Why?" he or she spontaneously moves to compassion for self and others.

Some typical "Why?" questions might be:

Why am I here?

Why did my friend hurt me?

Why does my family treat me this way?

Why did this event occur to me?

Who Gets the Akashic Records Information?

Eventually everyone will have full access in the Akashic Records, as humanity shifts and progresses into their most evolved selves. Some of you will be able to access the Akashic Records without training. However, as the following information channeled from the Keepers of the Gates of the Akashic Records makes clear, guidance can be helpful and often crucial.

MESSAGE FROM KEEPERS OF THE GATES OF THE AKASHIC RECORDS

CHANNELED THROUGH MAUREEN ST. GERMAIN, JUNE 21, 2017

You might look for an Akashic Records guide who has the reputation of being clear and accurate, if you are choosing to have an external person help you with your Records. It is also highly desirable for each and every human to learn to open the Akashic Records and to work with the information provided. There are many ways, and there are many teachers. Each student must find the best match for himself or herself. When you find this match, then you follow it to completion.

On occasion, the information is not available for a particular client because he is in a mode of distrust. A client may have friends who have told him, "You really need to check this out. You really need to do this," but who really hasn't made up his mind emotionally that he is interested in the outcome; still, he would like to have the information if it is real. So such persons have what we would call "show me" energy, and they themselves are throwing the block that might prevent a guide from receiving good information. Well-trained guides do know how to deal with these kinds of blocks and can clear them easily enough.

*It is also true that the guide who is providing the information might color the information inadvertently with his own biases, his own beliefs, and his own energetic disabilities unless he is daily practicing his Higher Self Connection. This means that if the person has entities or energies that have an interest in the information, it might come through tainted to the mind of the individual. This is why it is very important to do clearing work[*12] before opening your own Akashic Records, as well as asking the question of the channel who is working with you if there is any clearing work to be done on yourself.*

Record Keepers as Humans

There are beings who have been Record Keepers or worked in the Records on higher realms and have now volunteered to come to Earth. Some of these beautiful souls will become guides, and usually they know who they are. They can find the information overwhelming, resisting and denying it, especially as they open to it and it conflicts with paradigms that they grew up

with. Eventually they will make a choice to work with the information or not.

I've had the good fortune of training a number of these people. Unfortunately it is *very* hard for them to reconcile what they know on the inner with what they know on the outer. Some forsake the inner knowing for the outer, but I believe as they mature they will be able to handle it. If they can remember how to possess this information and integrate it (as they did in the Akashic Records) they will become way-showers. If the child has been a Record Keeper prior to becoming a human, once she crosses that line of accepting herself, it actually becomes easier to bring information from the Akashic Records because she is used to processing a lot of information and can balance conflicting information.

Some children are born with the ability to access the Akashic information, but their bodies will not support the vibration of the information, so they develop autism or even die at a very young age. I know the Record Keepers have informed their parents (through me) that many of these souls are very high, and their presence on Earth is all that matters (even if they are disabled). Sometimes it's easier to come in with a serious handicap—so as to *not* have to interact with humans in their present state of unawareness.

Even so, there will be those who will be experts at this endeavor and others who will be expert at other gifts. Know that your desire to learn and practice this knowledge marks you as one who has come to evolve in real time, and who is very likely to help others do the same.

3

KEYS TO MUCH MORE THAN A KINGDOM

Accessing Records: A How-to

Can I learn to read my own Records? Yes, you can! Yes, you *may*.

Have you wondered how to know more about the inner workings of some situation that you are deeply affected by? You can choose your situation or event, and access the Akashic Records to understand the people, the circumstances, and more.

Have you ever known something and not acted? Wouldn't it be nice to have the inside story around some drama in your life?

If you are a seeker who chooses to understand the world around you and make rapid progress in your evolution, you are meant to learn how to open your Akashic Records. Opening up your own Records gives you access to the reality in a way that allows you to understand yourself and others in the most openhearted way possible.

TOOLS YOU WILL NEED

You will keep a special journal specifically to write of experiences with your Akashic Records. Keeping a special journal for just this purpose inspires you to review your positive development and to observe your improvement. Your Akashic Records journal helps you stay on track, making sure you follow the same ritual each time you approach the Akashic Records.

It is important to keep your journal professional. Plan on writing with your hand, and a pen. This is a powerful way to ensure your work is coming through your heart. This is because your hand, in particular your ring finger, or fourth digit (the one before your little finger) is directly connected to your heart, and the energy flows through your entire hand to and from your heart.

Always write the date at the top of each page, followed by writing out your question in a full sentence. Later, when you refer back to an answer your Record Keepers have provided, you will be very happy that you developed this habit. You will be able to see your efforts from when you started and evaluate your progress.

You will also use special prep documents (appendix C) that you will store in the journal so they will always be in the same place when you need them. I also recommend that you write out and insert the Sacred Prayer inside an envelope or pocket that you glue into your journal. Your book and prayer will always be together. Almost everyone has a smartphone. You may want to save a copy of the Sacred Prayer in your phone too.

THE SACRED PRAYER AND THE OPENING PRAYER

The entrance into the realm of the Akashic Records is through a portal that comes from the Sacred Prayer. In addition, each Akashic Records session should begin with an opening ceremony, an opening prayer that sets the stage for anything you might do this day. The *opening prayer* is a prayer announcing your commitment to God—that you are choosing to be connected to the Divine, and you are of the light. You are also asking for help from advanced beings who can be of service to you.

When you are expecting to serve someone dinner, you set the table and select the plates. This is similar to your opening prayer. When you invite spiritual energy to move through you, this sends the clear intention that you are aligning with the Divine and are ready to begin a process. In my workshops, the opening prayer I say at the beginning of each day is sufficient. When you are on your own, you may use this or any simple prayer. An opening prayer might be something like this:

Sacred Prayer to Open the Akashic Records

Always read the prayer. Never memorize it. This is because it is easy to zone out or go out of your body, or even get sleepy when you recite this from memory. In the prayer, "*me*" serves as a marker to help you notice where you are to insert your name. Specifically you will say the prayer three times. The first time will be spoken out loud as written. With repetitions two and three you are to insert your legal name (whatever is on your passport or government-issued ID) where the "me" is, while you say the prayer silently this time.

I call in the Great Divine Director, Lord Sanat Kumara, and the Goddess of Liberty to oversee my work in the Akashic Records. I ask my Higher Self to assist me in being at my 5D awareness.

I ask God (Source) if He will have His Shield of Love and Truth around me permanently so that only God's Love and Truth exists between you and me.

I invite the Lords of the Akashic Records to allow masters, teachers, and loved ones of me to channel through me, out of the realms of 100% God Light to say whatever they wish.

Dear God, I ask that this day be blessed. I offer myself in gratitude and service of the Light. I ask for my angels, guides, and spiritual teachers who are of 100% God Light to assist me in any way possible, in every way possible.

I recommend people do some sort of prayer like this every morning to set the tone of their day. Any prayer that sets your intention and asks for help is appropriate to set the stage for your daily spiritual path. This ritual creates the matrix for any sacred work you might engage in.

USING YOUR HIGHER SELF TO WORK IN THE AKASHIC RECORDS

At some point you will want to develop your Higher Self Connection. This will ensure your accuracy in the Records. Your Higher Self has no biases or beliefs. By developing the skill of connection with your Higher Self, you empower development of your wisdom channel, which helps you recognize the differences between the Higher Self and your Record Keepers. There are opportunities to use your Higher Self that are different from those of your Record Keepers. At the same time, you can and will use both when accessing the Akashic Records.

An easy protocol for working with your Higher Self can be found in chapter 5. The most important element is for you to ask while identifying the Higher Self by name. Begin like this, "Higher Self . . ." and then continue your question.

Your Higher Self practice will improve your accuracy in the Akashic Records, so be sure to work on this. You may download a Higher Self booklet on my website. To learn more about this powerful tool for improving your wisdom channel accuracy, read my book, *Beyond the Flower of Life*.[1]

A WAY TO "LET GO"

We begin with a practice exercise that will force you to release your *mind* and the mental ways you interpret data. By "letting go" you will enhance your connections to the Record Keepers, who will be able to spontaneously fill your mind with information. This exercise will actually make it easier for you to be in the Akashic Records later. It may seem odd at first, but when you allow yourself to do this exercise, you will achieve much in the way of the necessary skills needed to receive from the Records. Be open and try it!

This first exercise is the most challenging. It is meant to force you into a way of receiving information that is foreign to most people. It will help you release any biases and judgments you may have about the way things are. You will be unable to rationalize or use reason to come up with the "correct" answer.

Instead, you must rely on your intuition or Higher Self to spontaneously bring in this information. You can view the first exercise as a challenge to inspire and demonstrate for you that you *can* know something intuitively without "knowing" how you know.

Let yourself be free and see where this exercise takes you. Before you start, know that it is possible to be successful with a training like this without even having the pictures—as one of my students was when she couldn't get online to see the photos in a teleclass and ended up participating in listening mode, yet getting very appropriate information *as if* she *could* see the photos.

These photos are deliberately not describable in linear terms, so you are much more dependent on your intuition. This exercise is to help you get out of your linear way of describing things.

EXERCISE 3.1

A Warm-Up

1. For each one of the following pictures Fig. 3.1–3.6, look at the picture and ask your Higher Self or your intuition: "What may I know about this picture?" For example, "Higher Self, what may I know about Picture 1?" Write out the full question on a blank page of your journal. Remember to write the date at the top of each page and to give each question its own page.
2. Write out your answers in your journal. Write quickly, and write whatever responses arise. You will answer the typical way you get this type of extrasensory perception information—either from your intuition or from your Higher Self.
3. Then turn to the next blank page in your journal, and write out the next question for the second photo. Write out whatever answers come to you.
4. Repeat this exercise for each of the six photos. If you do not have time to answer all of the questions in one sitting or session, pace yourself as you see fit.

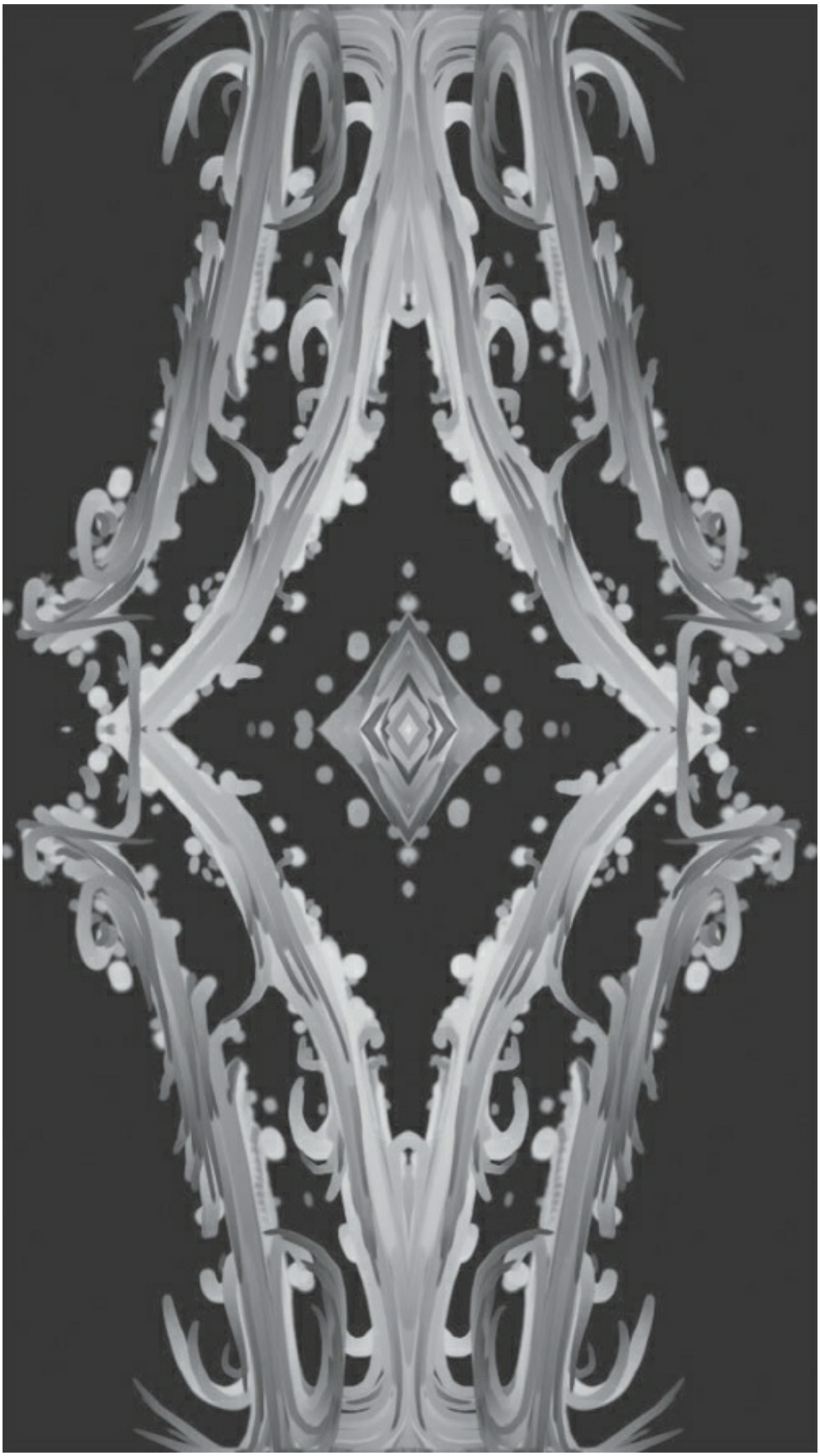

Fig. 3.1. Picture 1

Fig. 3.2. Picture 2

Fig. 3.3. Picture 3

Fig. 3.4. Picture 4

Fig. 3.5. Picture 5

Fig. 3.6. Picture 6

HELPFUL CONCEPTS AND PRACTICES

Now you are ready to open the Akashic Records and repeat this exercise again. But before you do, you will need to understand some basic concepts.

Asking Permission

Always ask permission to be in the Records. This is to ensure that you are in a good place emotionally and energetically. The dispensation is a sacred trust. You approach it just as you would enter a church or temple with purposeful intention. If you have just had an argument or were out drinking the night before, you might not feel the permission from the Record Keepers. One of my students was denied permission to go into her Records. Upon reflection, she remembered that she had consumed a couple of glasses of wine the night before.

Avoid Alcohol and Drugs

When you drink alcohol or use psychotropic substances, you put holes in your aura. That is why you should wait twenty-four hours or so after drinking alcohol or using a drug before accessing the Akashic Records. We all repair our aura at our own pace, but generally most people have sealed these holes within twenty-four hours. When your aura has holes in it, you can be influenced by outside energies that you may not want to influence you. These holes can attract entities or energies that are not ideal for your purposes.

Keep Your Arms and Legs Uncrossed

Your body has a circuitry that can be broken when your arms or legs are crossed.[*13] Your body needs to rebuild them (much like rebooting your computer). Your body quickly reconnects your circuitry when you uncross your arms and legs. Although most people's energy circuits get reestablished quickly and this is not terribly harmful, it *will* interfere with the easy flow of information from the Akashic Records and your Higher Self.

Another way to recreate the connection is to put your tongue on the roof of your mouth. If you do any activity where your arms are crossing each other (certain exercises or ironing!) you may find you instinctively put your tongue on the roof of your mouth while you complete the task, reconnecting your circuits another way.

Do Not Sit in Lotus Position

Even though I love to sit in lotus, I recommend you sit in a chair or other furniture with a back since you will need to write. Later, when you read for others, and you are speaking rather than writing, sitting in lotus is still undesirable. When your body is in "meditation position," a high vibration is moving through you, which quite naturally prompts you to go out of body. While reading for others, your job is to stay open to the present moment and to your client, staying connected to the earth and life here, as well as to the higher dimensional messages from the Akashic Records. You want to be connected to a high place and be connected to your body and your client simultaneously. Sounds complicated, but it really isn't.

Use Clearing Work if Needed

For some, the connection does not happen easily. If you do not get *anything* when you first start out, I find that clearing work makes a big difference. Consider this analogy: when using a wired headset for your phone, if you do not push it in all the way you might have a connection that is muddy, or full of static. If your "line" to Akasha is not clear, then you could have interference.

How will you know? The Akashic Records will only speak in a loving, nonpejorative, nonpreferential way. If you are in the Akashic Records and the information you are getting is anything other than loving and supportive, you are *not* channeling the Akashic Records, but rather some other energy that wants you to believe that you are in the Records. This is why we spend time learning and doing clearing work.

A student asks, "How can we keep away from the negative energy during the clearing process?" The preferred fastest way is to use a simple prayer to Archangel Michael, and then to use a stainless steel knife around the body to "cut" it away. Here, we will give you the prayer and shortened instructions.

The following prayer should be repeated three times out loud, fiercely (in the prayer insert your name where you see "me" on the second and third repeats):

> *I call upon Archangel Michael to clear away any and all entities, energies, or interference with me or my divine plan. I ask that any hooks, drains, or other attempts to stand in the way of me fulfilling my mission be cleared. I ask that the Elohim of the Golden Ray step in and assist me in releasing any and all attachments to me. I command that these energies be escorted to a place of evolution or dissolution. Amen.*

In this prayer you are asking Archangel Michael to escort the entities or energies to a place of *evolution* (going back to inner realms for "school or learning") or *dissolution* (going back to the Source and merging without identity). Detailed instructions on entity removal can be found in my book *Reweaving the Fabric of Your Reality*.[2]

The Record Keepers share in our privilege and honor to help clear the earth of negative energies. We are helping lost souls who may need healing by sending them to the light with Archangel Michael. The deep prayer work you do (chanting and other spiritual practices) will keep such energies away —until you open your heart with compassion for others.

As you open to compassion, you may pick up entities and energies that do not belong to you, but you will be able to quickly clear difficult energies. Lost souls may find you because they know you will send them to the light. It is possible to be completely clear of entities by doing the meditation known as the MerKaBa Meditation[*14] because it creates an impenetrable field. Certainly if you do not want entities to find you, you can ask your angels and guides to prevent them from coming to you once you are completely clear. Also, we have a clearing team that works remotely—to help others to clear energies, and keep them from visiting negative astral planes and other dangerous places in the dream time. This might be valuable for family members who do not practice spiritual practices.

Even though you might not think you have any entities or dark energies that might prevent you from connecting with the Akashic Guides or healing yourself, when you do the clearing work, you discover that you suddenly feel

better and have the channel open to the Records again. There are many ways to clear, but I find the simplest and easiest is to use a stainless steel knife (as demonstrated on my YouTube channel); you cut around the body, in short choppy strokes, while holding on to the person's shoulder with your nondominant hand. This method is fast and effective. Be sure to cut under the feet as well. There is one other kind of knife, which one of the Akashic guides uses. It is a chipped-obsidian blade. It is so sharp that she keeps it wrapped, even when using it. She acquired it from a Native American who practices this traditional form of knife-making. It cuts through all layers of consciousness.

Clearing work improves the accuracy and connection with your Record Keepers. Clearing is essential. Do not let anyone tell you that you do not need clearing work! Dr. Norm Shealy tells the story of how he cleared a woman of depression and more, yet his beloved friend Caroline Myss[*15] kicked him (in a way only friends do) because "she does not like this sort of thing" when he started clearing someone during a course they were teaching together.[3]

How often do you wash your hands? When you notice your hands feel dirty you wash them, even when they might not look dirty. Do you wonder how this could have happened? No. You simply wash them. Similarly, if you will allow yourself to be open to the possibility that you or your client may need clearing and use the tools, you will enhance your own work as well as assist others to regain their autonomy.

In some classes when we talk about clearing there have been students who have been so sad about clearing an entity. Maybe they don't want to let it go, or maybe they don't want it to be hurt. That's the entity putting thoughts in your head so it has food for the day!

One person told me about her experience. Turns out she was hosting an entity that was extremely sad. She felt its emotions so deeply that it didn't occur to her that "her" feelings of sadness and regret were from the entity (a person who passed). This is powerfully explained in *Reweaving.*

Each person that gets cleared may be still feeling residual emotion that came from the entity. The AroMandala oil called "Mantra" clears that residual. If you don't have the oil, you can ask for the effect of the Mantra oil, and it will work for you. Once you have experienced the Mantra oil, your consciousness can bring it in.

Mantra is a very special formula for this purpose, but if you have other oils you want to use for clearing, go ahead. (See a list of other AroMandala oils in table 8.1.)

Keep Your Eyes Open!

Closing your eyes is useful in meditation practices. It is common when you are quieting your mind with stillness practices. Yet with your eyes closed your consciousness is likely to slip away from your body, into higher realms, which might be good for meditation but not for an Akashic Records connection. When your consciousness "leaves the body" you may lose track of what is here, in the present.

In normal meditation you might think you have fallen asleep, when in fact your consciousness has put your body on "auto pilot" so that you can go into higher realms. You will still come back from these higher realms with knowledge, but it may be encoded in a higher frequency than what you can comprehend. This is why you "do not remember," yet you always wake up when the meditation is over. You grow and evolve from every meditation even when the experience is not immediately known to you or translatable to you.

This practice of keeping your eyes open may be one of the hardest things for a new practitioner in the Akashic Records. You may think you have a better connection with unseen forces if you keep your eyes closed. This might be true at first. Learning to master the connection with your eyes open is one of the early steps of becoming multidimensional. In your Akashic Records connection, you are building a bridge to channel the information from the eleventh dimension. It is worth your effort to learn this. It is important, and you can do this.

You are learning to access this higher dimension through a portal that has been created for this purpose. Treat this process like a new tool that you can acquire. You are harnessing a new access point, to anchor your awareness with your physical body while concurrently connecting with the Akashic Realm. Keeping your eyes open will keep you grounded here, in this reality, while you simultaneously learn to access the connection to the eleventh dimension where the Akashic Records exist.

Open to the Flow of Information

Next, you will allow information to flow through you. It may seem strange at first to turn off your personality. You might not even understand what it means to turn off your personality. This will actually be much easier than you think it will be because so many others have accomplished this already. You will actually be able to tap into the grid and tracks that others have left before you.

You will be moving your self-awareness to the back of your mind. It is important to allow this to happen naturally. It is all that is required, as it will come naturally when you open to the Akashic Records. Once you master this skill of sending your personality to the back of your awareness, the information will flow easily from Akashic Records Guides. Some people find that the information flows so easily that they forget their personality/ego as the dictation comes through. They are surprised at how readily words or pictures or both flow.

With practice being in the Records, you will gradually notice that your "thread" of connection becomes stronger. You are learning a new form of communication. It will enable you, as the observer of your mind, to become more aware of this occurrence. At this point, being the observer, you can allow this thread or channel to grow stronger while maintaining awareness of your present surroundings.

EXERCISE 3.2

OPENING THE AKASHIC RECORDS

REPETITION OF THE SACRED PRAYER

This time you will be using the Sacred Prayer (see here) in the same special way. You will say the entire prayer out loud one time. You will then silently say the prayer in your mind two more times with one slight change. During your two silent repetitions, you will insert your full legal name where the first "*me*" occurs in the second and third paragraphs. You should use your legal name, not your birth name. This means the name on your passport or your government-issued ID. Keep it simple. If you regularly use your middle name, then use that too. If you do not, leave it out unless you have a family member with

the same name, allowing for the middle name to identify the one and only you. This is also true with family members who have the same name as their parent. One of them is Sr., one is Jr. Emphatically, you need a name that will distinguish you from your relatives. Even though it is not common for women to be named after their mother, Eleanor Roosevelt's daughter was a Jr., even in court documents!

ASKING THE QUESTIONS

1. On a blank page of your journal, write the date and then look at the first of the six sample pictures (fig. 3.1–3.6) as you did in the warm-up exercise. Write out the full question: "Record Keepers and Guides, what may I know about Picture 1?"
2. Then write down what your Record Keepers and Guides tell you in answer to this question. It may be a few words; it may be a few sentences. No matter what answers come, write them down. Write quickly, and do your best to not censor yourself.
3. Repeat this exercise with each of the six sample pictures (fig. 3.1–3.6). Remember to give each question its own page.

CLOSING THE RECORDS

1. Close the Records when you are done writing your answers to questions by speaking the following statement out loud: "I give thanks to the Record Keepers. Amen, Amen, Amen. My Records are now closed." To close the Records, each of these three phrases should be spoken, although you may change the order. If you do not like the word "Amen," choose another closing phrase, such as, "So be it." Repeat it three times.
2. Once you have completed the exercise and have closed the Akashic Records, you are free to move on to another project. If you get interrupted, close the Records by repeating "Amen" or "So be it" three times and open up the Records again later or when you have time. Do not work on other projects without closing the Records. If you discover you will not be back in the

Akashic Records anymore and they are still open, simply close the Records.

Take a moment and memorize this part of your ritual. You might even write it on the back page of your journal so it is always handy. The three parts of closing your Akashic Records are simple: close, announce, and thanks. Even though it is recommended that you memorize the closing prayer, remember to not memorize the Sacred Prayer!

UNDERSTANDING THE ANSWERS THAT COME

After completing the exercise with each of the six pictures, compare the answers that came from your intuition or your Higher Self to those that came from your Record Keepers. Then notice how your answers compare with those in the tables below from students of mine; that will help you to see the range of answers coming from the Higher Self and the Record Keepers. However, do not look at these answers if you have not completed the exercise, as doing so will interfere with your spontaneously receiving the information you need. No one is watching; well, the Record Keepers are!

TABLE 3.1. ANSWER KEY FOR PICTURE 1

Higher Self	Record Keepers
Cosmic connection Diamond Mind of God	This is your wisdom channel. Look closely, and you will see the portal hidden in plain sight. Never doubt your ability to see beyond the veil.
An interconnection of possibilities ruled by the same intention	Unfinished
The duality of life is represented by the reflection back onto oneself. The connectedness of life to all life	Love abounds in all its beauty. The lacy edges show that love and light surround all that choose to look and feel. Beauty abounds in all forms of the beholder.

An opening to a new space of sacred geometry	This is the great door symbol for all secrets of the world. Through the sacred geometry you can access all information.
Star portal, some totem	Wisdom, stargate. Everything is possible. Unlimited possibilities. Union.

TABLE 3.2. ANSWER KEY FOR PICTURE 2

Higher Self	Record Keepers
The cradle of life is all-encompassing. Everything flows in and out.	The top of the mystical tradition is flat and wide. It reaches up and around all creation. Carry the wisdom of beauty and art into all you do. It is an important part of the creation.
It is a place of opportunity. It is designed to keep your mind wondering.	This depicts a place of creation of opportunity, a place of inspiration and relaxation, a place of joy where the physical mind can relax to expand, therefore creating new unexplored paths.
This is a tunnel through the other world with spirit animals above.	You are entering the great hall for knowledge where all spirits come and refuel themselves with energy and power. At the top is the keeper spirit of the hall directing all activity.
The connectivity to the earth is important, as nothing will grow without it. Again, the reflection of ourselves back upon it. Dual picture, heavy energy connects to the earth.	Many temples abound in different forms. The light and business within is shown below the surface. The top is available for all to see also, but for those only viewing the top of the image they miss its real strength and the beauty of the whole.
Buddha’s heart crown	Sacred garden. Kingdom of Light.

	United Nations.

TABLE 3.3. ANSWER KEY FOR PICTURE 3

Higher Self	Record Keepers
Rainbows and majesty. Hidden Master	Notice the hidden faces that weren't there before!
Elements of heaven cascading down in a form of art	Beauty of elements. Not of this planet. A way of inspiration, brought forward by light guardians or light beings.
We need a stabilizing force or post (like a hitching post) to keep us grounded while living in the light. The center is for all.	Great magnificence abounds in all forms. The strength found in the stalwarts supports the building.
From dark to light, a brain transformation	This is the fountain of love and light that overflows all over the universe; as it pours over darkness it reduces it to its nothingness.
A touch to hold light	Sacred love. Fabulous wings. Reflection of one's thought forms bow to sacred feminine.

TABLE 3.4. ANSWER KEY FOR PICTURE 4

Higher Self	Record Keepers
Caricature lion. Beast of unknown proportions. Angels, Hathors, Bishop	Memory of Hathors, their eyes are like stars, their hair embraces all. The inner being radiates love and gratitude. Wisdom abounds.
Sanctuary, ritual, expressions of dignity	This picture brings forth the remembrance of a higher being, the power above, the

and discipline honoring the powers above	need to reconnect with the supreme force.
Happy face over the stabilizing body of posted strength	Whimsy must be found in all the work we do. Lighten up, and see the real meaning of life and its majestic ways. Find joy in your inner strength.
A monster enveloping a chalice	This picture represents the opposite of good and evil, as neither exists. You see the coexistence of both.
Tribes leader	Wonderland. Holiness signal. Secret sign from ancient Egypt.

TABLE 3.5. ANSWER KEY FOR PICTURE 5

Higher Self	Record Keepers
King behind the sun. The road to mastery, the road to Revelation	Wisdom emerges while seeking the sun. All paths lead to oneness. One God, one love, one heart. Remember you are part of the greater whole that has embraced the universe with love and light.
Every once in a while the masters show themselves in the sky as an irrefutable confirmation of their existence and support to you.	The sky is often a place of contemplation where we, the beings of higher energy, send proof of our love and existence to humankind. It is not to be taken lightly. It is a gift for all who want to see.
Great light abounds within us. Higher realms reflect great love and light fruits of the fields are the	A beautiful morning and great light abounds. Blessings from fruitful fields and many serendipities in the clouds. Oh, what a beautiful day abounds. And great majesty yet grounded in love.

basis of life.	
King Herod over his kingdom, with the sun as his source of power	In all of the universe you have a hierarchical energetic structure that holds the universe in place and is keeping the earth and all its inhabitants safe. The day *of heaven on earth* is coming and as the sun masters each one will find its own power within and recognize the help from the spirit world that we can get.
Peaceful energy	Beings primer. Unity of earth and heaven. Dancing between holy men and women intertwined with each other and names of energy all silver cords.

TABLE 3.6. ANSWER KEY FOR PICTURE 6

Higher Self	Record Keepers
Dragons playing	Dragons emerge. Chaos is ended, and order is restored. Remember your resources.
Dragons and elementals are present in your life and are ready to be of service.	There is a complete array of helpers of the light ready to assist any who call upon them. The dragons are one of the beings more devoted to your race. It is their interest to be of service in all possible ways. Asking is required.
A whirling of energy without purpose	Those are dragons of fire joyfully clearing the world of all negativity. They are working incessantly in higher dimensions for the earth to stay pure. They also work for whoever asks for help to clear their environment.
Mass chaos abounds. Dark forces	Into each life comes chaos and trouble at times. The dragon stands strong in the base to resolve any problems. The darkness of the world and its followers are soon to be transformed into great white light with

overtake the light. Some stand strong.	another purpose. Remember this when you encounter darkness and discontent. Call in the dragons and white light!

You will continue to ask the same questions of both your Higher Self and Record Keepers for a few more sessions. This is how you build your skill.

4

PRACTICAL WISDOM

Essential Step-by-Step Instructions and Explanations

You have had your warm-up practice by writing down impressions from indefinable pictures both from your own intuitive guidance or Higher Self and then repeating the exercise with the Record Keepers. Notice that the pictures cannot be defined in traditional terms, nor can you say for sure what is in the picture. This makes relying on your intuition and your Record Keepers easy because your mind/logic cannot make sense of the photos.

Next you will practice with real questions. After a few sessions, you will begin to notice a pattern and definite differences between the answers from your Higher Self or intuition and answers from the Record Keepers. This is helpful because you will begin to notice that information coming in from various sources will actually be distinctive in choice of language, nuance, and tone. Noticing this as an observer enhances your skill of working with the Akashic Records Keepers.

One of the markers you should notice fairly quickly is that the language coming in from your Record Keepers is lofty. They often use words that may be in your vocabulary but are not part of your common “everyday language.” These words may often present a broader picture of the same idea. The well-known parable of the six blind men and the elephant is a visual that can help you understand the differences. Each blind man focuses on a different part of the elephant to describe it, while the king, listening to all of them, says they are all correct.

Initially, you are like the blind men, and your Record Keepers are like the king who sees the entire elephant. They can inspire you to embrace a view of your experiences from a wider perspective. Because they are *your* Record Keepers and you are the scribe of the moment, it is easier to accept, believe, and feel their revelations.

At the end of this chapter, you will find a table to help you identify these differences more closely. This is one of the tools that will help you notice the energetic difference between your intuition and Record Keepers.

GETTING ANSWERS TO QUESTIONS

Next we shall do an exercise with actual questions instead of pictures! In the first exercise you looked at each photo, asking your Higher Self or intuition, and then repeated the entire exercise with the six photos using the Sacred Prayer to open you to the Akashic Records and scribing your answers. Once again, you will ask your Higher Self first and *then* use the sacred prayer to open to the Akashic Records. Don't compare your answers until you have completed the exercise. Let yourself be surprised by the continuity and flow, and by the nuances, the differences you see in your answers.

Always scribe what you get. There is a tendency for some people to censor their responses. If you see a color, write it down. If you envision a visual picture, describe it as best you can, or draw it if you can. If you get a feeling, name it, and describe it by writing it down! If you experience a body sensation, such as an itchy ear, throat tickle, or a sharp pain in your toe, write it down. Only with writing out the experiences can you truly begin to understand what is being conveyed to you. This is because your Record Keepers may speak in simile or metaphor when you are taking direct dictation from them.

There are other signs that you are in the Records. One student said, "As I'm saying the prayer everything around me starts to change. It is subtle but noticeable. I can recognize this and recognize that energy." Another student reports, "My experiences are similar to some of the others where it felt fun. I was surprised how answering the questions in the Records was surprisingly easy and full of different perceptions and language and also felt the actual sense of humor and the energy shift continuously."

OPTIONAL TOOLS

Before we start the next exercise, we will cover some practical tips and tools that will help you improve accuracy. If you do not have any of the tools, proceed anyway. Work with what you have, and then get the tools when you can, if you desire them. The tools are offered to enhance your work, but it is important to not become overly dependent on a tool or technique that is not necessary, but only beneficial.

Crystals

Many of you love your crystals. I do too. I have found some very special crystals that are ideally suited for Akashic Records work. My favorite crystal for this purpose is the Faden[*16] crystal. It is a clear quartz and has linear threads going through it at a ninety degree angle to the points of the crystal.

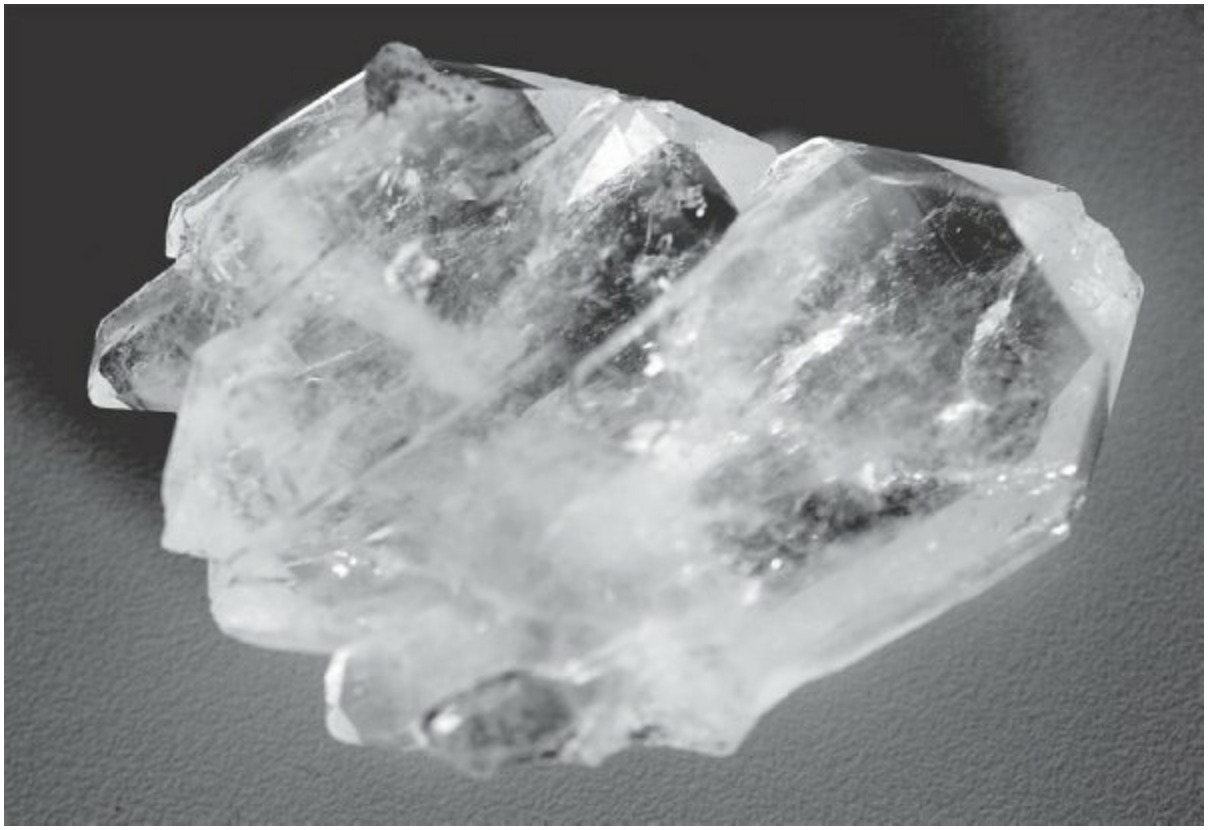

Fig. 4.1. Faden

In addition, any of the beryls will also aid in your connection to the light. This is because beryl minerals have a hexagonal crystal structure, which is the most powerful sacred geometry form to connect with the light. Some of the more common ones are morganite, aquamarine, and goshenite. Apophyllite is an incredible multipurpose higher dimensional crystal that will aid you in breakthroughs to your connection to higher realms. It has many other purposes and is a remarkable stone for the advancement of higher awareness.

Fig. 4.2. Goshenite

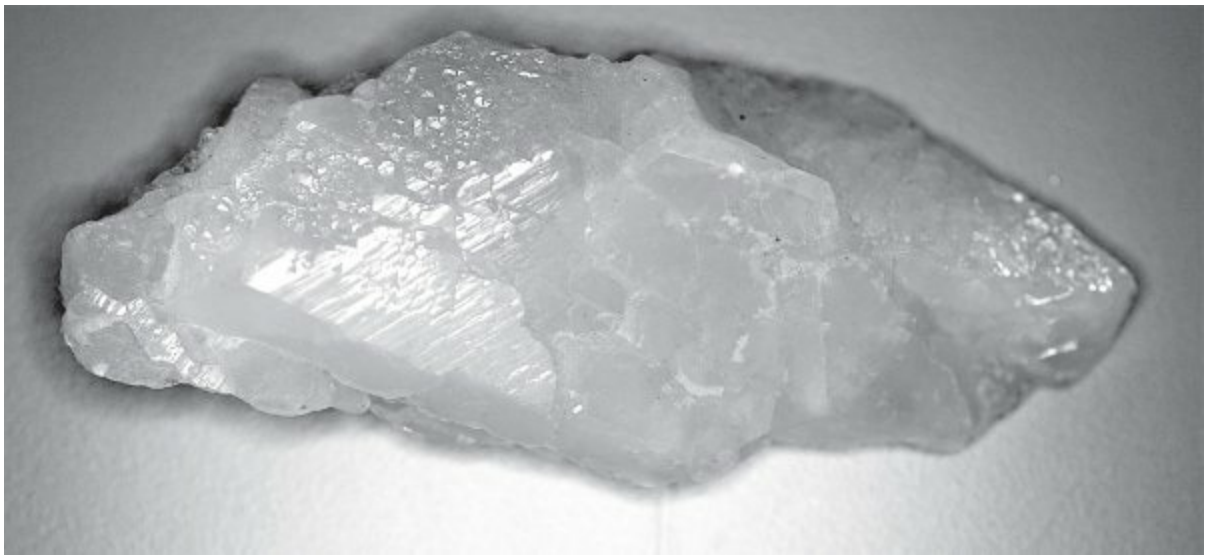

Fig. 4.3. Morganite

Fig. 4.4. Apophyllite

The size of your crystal does not matter. Whether you have a large or small piece, faceted, rough cut, or in the raw, it will assist you in the same way. Finally, clear quartz amplifies just about any positive energy around. So you can use that as well.

Be sure to keep your crystals clear and clean. There are many ways to clean your crystals. Laying them on a piece of selenite or resting them on a windowsill where the sunshine can clear them for about twentyfour hours are two good ways.

AroMandala®: Akasha

The AroMandala blends of essential oils were channeled from Mary Magdalene to assist humanity in rapidly resolving painful human emotions. There is a full set of twenty-four blends. They originally came through my assistant, a trained aromatherapist, as support elements for my trainings and meditations. Both she and I were surprised at all the information, the formulas that broke traditional rules, and their powerful effects. I am deeply grateful to this highly evolved woman, who received these powerful formulas, blended them, and gave a voice to these powerful blends.

Akasha, the blend that came forward to support Akashic Records sessions (both personal and professional) was so powerful it could amplify the information's clarity. Akasha also assists every user to connect with higher realms—both during a session and any other times, such as meditation. It aids in the understanding of what it must be like to be a human on a planet that is alive, where all are working together to produce a shift in consciousness.

Secret Mudra

Many years ago, in meditation, I asked for a way to improve my connection in meditation. I was surprised to be shown a way to hold my hands. Later I discovered others knew this too. You may have spontaneously put your hands in this position, known as the *mudra-of-connection.*

Fig. 4.5(a). The first hand mudra, from the front

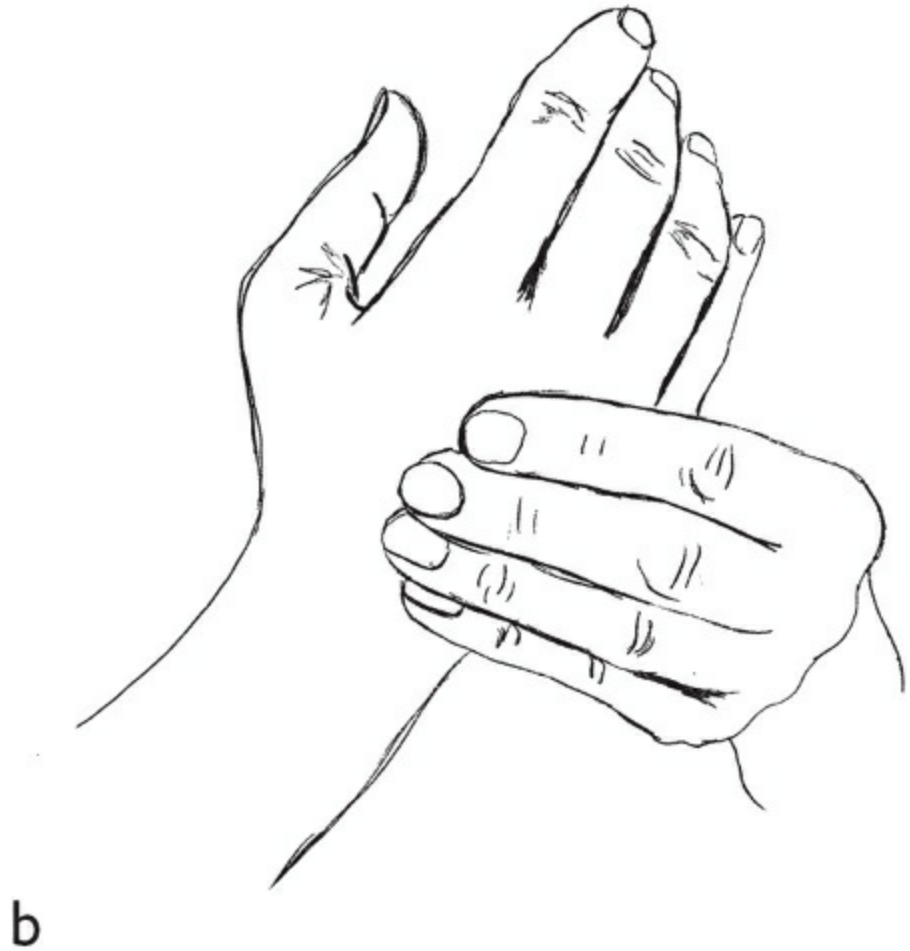

Fig. 4.5(b). The first hand mudra, from the back

Illustrations 4.5(a), 4.5(b), 4.6(a), and 4.6(b) by Ryan Fabry

The mudra-of-connection can be used to activate hidden knowledge. A secret-ray chakra exists in the center of your palms (also in the soles of your feet). When you purposefully touch the palm of your hand, this chakra is activated and improves your communication from higher realms. Placing your thumb inside the palm of the opposite hand activates this mudra. The fingers rest on the back of the same hand comfortably. You may use either hand to produce this mudra, as one way will be more comfortable than the other. You will use this while doing the opening prayer.

Fig. 4.6(a). The second hand mudra, from the front

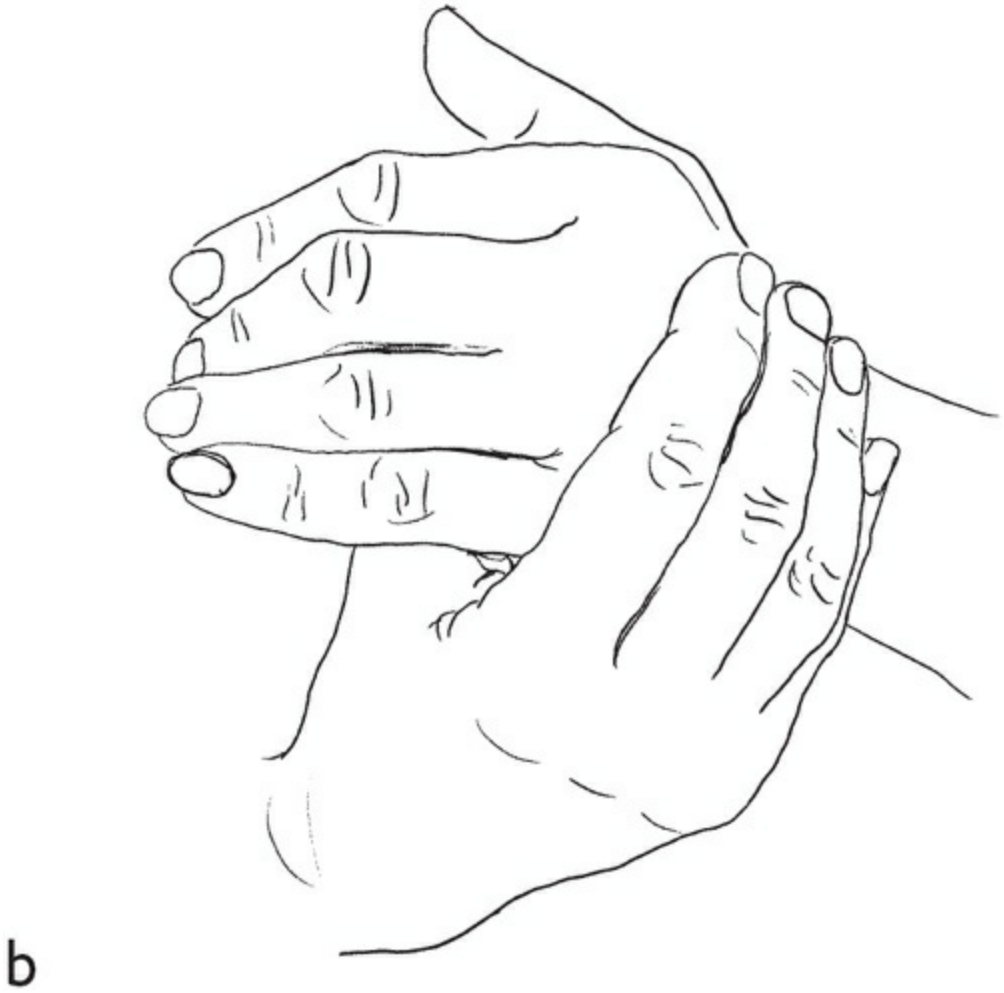

Fig. 4.6(b). The second hand mudra, from the back

EXERCISE 4.1

ASK YOUR HIGHER SELF

Let us begin. Look at each question listed below and write down the answer that your Higher Self provides to this question. After you post the current date in your journal, you will write each question on a fresh page in your journal, followed by the answers you receive.

- Higher Self, what is the definition of service?
- Higher Self, how am I to serve?
- Higher Self, what is the definition of integrity?
- Higher Self, define my integrity.

- Higher Self, what is my mission?
- Pick a fun occurrence or moment that happened this week and ask, “Higher Self, what I may I know about this event? (Pick a fun event that has happened to you recently. You will use the same event when you ask in the Akashic Records as well.)
- Pick an intense/difficult occurrence or moment that happened this week and ask, “Higher Self, what may I know about this event? (Pick an intense/difficult occurrence or moment that has happened to you recently. You will use the same event when you ask in the Akashic Records as well.)

EXERCISE 4.2

OPEN THE AKASHIC RECORDS

Now it is time to open your Akashic Records and ask the same questions you just asked your Higher Self. You will follow the same protocol given in the previous chapter, repeated here to provide you with a reference page of step-by-step instructions to follow with each question.

AKASHIC RECORDS PROTOCOL: STEP-BY-STEP INSTRUCTIONS AND EXPLANATIONS

1. Always begin with the Sacred Prayer to open the Akashic Records. *Always read the prayer*. Do not memorize it. Repeat the prayer three times. First, read through it as written out loud. For the second and third times, read it silently and substitute your name for “*me*.” Once you are done saying the prayer the third time, announce “My Records are now open.”

I call in the Great Divine Director, Lord Sanat Kumara, and the Goddess of Liberty to oversee my work in the Akashic Records. I ask my Higher Self to assist me in being at my 5D

awareness.

I ask God if He will have His Shield of Love and Truth around me permanently so that only God's Love and Truth exists between you and me.

I invite the Lords of the Akashic Records to allow masters, teachers and loved ones of me to channel through me, out of the realms of 100% God Light to say whatever they wish.

2. Always keep your eyes open throughout the entire session time, as it helps you stay grounded, focused, and alert.
3. Remember to keep your arms and legs uncrossed. Do not sit in lotus. Keeping your body uncrossed has a substantial influence.
4. Use the secret mudra: place one thumb inside the palm of your opposite hand (use either hand, one will be more comfortable than the other).
5. You may wish to use a favorite crystal and the Akasha essential oil blend. I recommend clear quartz and highly recommend Faden crystal.
6. Begin with any opening prayer that you are comfortable with.
7. Always ask permission to be in the Records this day.
8. Listen, feel, or hear. This refers to "markers" that will indicate that you are in the Akashic Records. These silent markers can take the form of the "soundless sound" or pressure on your chest or sensing the pulse of the universe. These signals affirm your connection to the Akashic Records. They will be discussed in more detail in chapter 5.
9. Write the date first.
10. Next write the question and answer in your notebook, using a fresh page for each question.

- Record Keepers and Guides, what is the definition of service?
- Record Keepers and Guides, how am I to serve?
- Record Keepers and Guides, what is the definition of integrity?
- Record Keepers and Guides, define my integrity.

- Record Keepers and Guides, what is my mission?
- Pick a fun occurrence or moment that happened this week and ask, “Record Keepers and Guides, what may I know about this event?” (Pick a fun event that has happened to you recently. Use the same event as when you asked your Higher Self.)
- Pick an intense/difficult occurrence or moment that happened this week and ask, “Record Keepers and Guides, what may I know about this event?” (Pick an intense/difficult occurrence or moment that has happened to you recently. Use the same event as when you asked your Higher Self.)

11. Close the Records when you are done writing your answers and say out loud: *“I give thanks to the Record Keepers. Amen, Amen, Amen. My Records are now closed.”* Never keep the Records open if you are not working in them.

Work in your Records three or more times a week. You may ask your own questions as well, but do your best to complete the questions in each section first. Table 4.1 is an answer key to this set of questions and a guide to compare your own answers. It is best if you do *not* look at this until you have completed the above exercises first.

TABLE 4.1. STUDENT RESPONSES

Question	Responses from Higher Self or Intuition	Responses from the Record Keepers
What is the definition of service?	Offering yourself to help others. Embracing your true nature to make the world a better place.	Freely giving of yourself for any purpose or reason. Service is to spread love throughout the world and share this universal love in the most magnificent manner. A simple smile is serving. A nod or even a wink is serving. You bring many gifts to the table. Pick one and give with joy. Receiving is also a way for you to serve. To be a way-shower. To find compassion in all you do.
How am I to serve?	To help others heal themselves. You serve as a healer.	Serve any way you wish, but you are best suited to use sound to channel healings for others. You have been blessed with unique gifts of healing, relating to and loving others. Use those gifts in every situation each and every day. Know that the power of universal love is with you always.
What is the definition of integrity?	To honor your own truth. Integrity is always following your heart.	As long as the intent is positive and for higher good, you will always remain in integrity. Integrity is being true to the love that you are. Remember that love you show toward others may not be accepted as love.
Define my integrity.	Being who I am, and not trying to be someone else. Letting others find their own answers.	Your integrity is in knowing your own truth and being the light bearer for others.

Question	Responses from Higher Self or Intuition	Responses from the Record Keepers
What is my mission?	To listen, to be compassionate, and to be an open conduit for others to heal.	To help those that appear in your path heal themselves, especially using sound.
Pick a fun thing that happened this week. What may I know about this event?	It is always important to make and spend time with family.	It is important to cement the bond between family and friends, and special occasions are perfect for this.
Pick an intense/difficult thing that happened this week. What may I know about this event?	It is important to stick with someone when they are having problems and help them overcome the obstacles they are facing.	It is important for you to know that the problem was only temporary and that you were instrumental in helping them to quickly return to their normal selves.
What may I know about getting laid off from my job?	It is a blessing for you to use the opportunity as a strong signal to go forth in your mission.	There are many forces at work here that you have surmised with your Higher Self, but there is more here for you to be aware of. Use your love and light to help others in this difficult time of the course of your transition from this job.

Now it is time for you to look at your own work. See if you are noticing a similar pattern. Notice that your Record Keepers present information in a grander way, and they often use full sentences. They address you. They frequently refer to the student as “Dear one.” This is another signal you are in the Akashic Records.

Look at table 4.2. In examining your own work, identify the common differences between your Higher Self and your Record Keepers.

TABLE 4.2. QUALITIES OF HIGHER SELF ANSWERS AND RECORD KEEPERS ANSWERS

Qualities of the Higher Self	Qualities of the Record

Answers to Questions	Keepers' Answers to Questions
1. Just the facts.	1. Fluid, softer
2. Perfunctory tone; source factual.	2. Always loving and gentle; always answer why, often when you need it.
3. Accuracy and details, information; cause-and-effect type information. Follows logic.	3. Nurturing, supportive to your emotions. Surprising insights and wisdom.
4. Tone: More action oriented.	4. Tone: Often instructional; explains possibilities.
5. Direct conversation with Higher Self (not parental).	5. "We" to you. The answers come in from a "Group Consciousness."
6. Higher Self unsolicited information that you need: "Act on it."	6. Can come through with surprising information. However, you must open the Records to get this information.
7. Communication and always "on" the new normal.	7. Feeling of well-being while in the Records.
8. Nonpolar/nonduality, always a "God choice." You can be "just as good" as a skilled professional, like a third-year apprentice doing journeyman's work.	8. Launch from 5D to Akashic Records in eleventh dimension *without bias.*
9. Direct	9. Words you often do not normally use, unusual combinations of words. Big words.
10. Quick download, often faster than you can write.	10. May come in one word at a time, not analytical.
	11. Emotion needed to be

	noted. Humor, shift in dimensions, feeling like you are in a different place.
	12. A flood of information may come in all at once.

The Record Keepers will combine words that you would not combine. They will use words and patterns of words that are clearly not part of your everyday language. One time I was asked to give a reading to the husband of my host. He waited until she was away from home at a parent-teacher meeting, seeking me out, saying, “My wife says you would be happy to open the Akashic Records for me.” A few days later I learned he was a meditation teacher from another lineage! In his session, I was given (by the Record Keepers) a word that I have never heard before, and as I looked for confirmation, he said, “Keep going” (indicating that he, in fact, understood the word). This session confirmed for him the efficacy of the Akashic Records work.

We will continue to work with both the Higher Self and Record Keepers for a few more practice sessions.

DEALING WITH BLOCKS

Sometimes you will have resistance and come up with answers that will not fit into a “loving response.” Or maybe you are completely blank. If you can get some answers, yet unexpectedly feel nothing—or no answer, then you may have a block around that question or subject matter. If you do not get any answer, then move to the next question. If it keeps happening, then you may need to remove a block. Sometimes there are energetic (thought form) blocks that you have inadvertently put in place, and sometimes others have put blocks in place. Sometimes removing a block involves clearing work as described here. Sometimes you can just clear the block with a simple prayer.

If you receive absolutely nothing on a specific question, yet you have been getting good information all along, then use the following prayer, repeated three times, silently.

Prayer to Clear Blockages

Dear Lords of Akasha, if this block can be removed, kindly release it, so that I may be an accurate channel for God's wisdom and the Akashic Records.

5

ONE-OF-A-KIND POWER

Discovering Your Higher Self and Use in the Akashic Records

In this chapter you will develop mastery with your Higher Self Connection and in the Records. Sounds like a lot? Well, it is. The keys are your willingness to release your preconceived notions of how your Higher Self communicates with you, being receptive to the Record Keepers, and practicing! Just like you choose which doctor to go to when you have different types of physical issues, you will also learn subject areas most appropriate to ask your Higher Self a question, as compared to asking your Record Keepers.

WHOM TO ASK

Do I ask my Higher Self, or the Record Keepers? When you are in the middle of some activity or system, and you need to verify events or information, it isn't likely that you have time to open the Akashic Records. This is where your Higher Self comes in. Your Higher Self is proactive; your lower self (intuition, desires, ego) is reactive. That is to say, with an activated Higher Self Connection, you might ask about situations and circumstances that are ongoing and that have to do with daily activities or projects you are working on. Always ask your Higher Self about situations and circumstances that are of an immediate nature. Ideally, when time allows, you may ask your Record Keepers about understanding the conditions and surroundings along with

comprehension of events as well as self-discovery and exploring the nature of relationships and life.

As your personal connection with Higher Self grows, it will become an asset of yours. As an *asset,* your Higher Self can bring you information that you may need—that you did not know you needed. Imagine two scenarios. In the first scenario your intuition tells you to take a certain action, such as slowing down while driving. When a reckless driver moves into your lane, you are easily able to avoid him. In the second scenario your Higher Self might tell you to pull into a rest area off the road. When you examine the two scenarios together you can see that in both cases you were able to avoid a problem. The lower self version kept you safe, but in the Higher Self version, you never even encountered the reckless driver. In the second version you did not engage with another driver, and therefore you were not involved. Lower self is reactive, Higher Self is proactive.

THE HIGHER SELF CONNECTION

Your Higher Self is the 5D version of you. Everyone has multiple versions of themselves in higher dimensions. Each person has his or her own combination of higher-dimensional elements. However, everyone has a Higher Self that is fully connected to the Divine and to you—and is available when you invite it in.

Different traditions have various names for this energy, but it is an aspect of you that holds your mastery from other lifetimes and is fully available as a resource and guide. My Higher Self actually helped me create this simple yet effective format for the Higher Self Connection.

This tool will enhance your spiritual work at every level. It will help you gain mastery over the information that comes into you at any time, in all circumstances. It is an amazing skill that you can use for every decision you have in life. Can you imagine that you could know with absolute certainty by checking in with your Higher Self? This tool is easy and fun to learn. This separate practice within this work can be taught to anybody. I even taught it to my assistant and my children who aren’t into this sort of thing.

You may wonder how to know if you need a Higher Self practice. If you have good intuition or Higher Self Connection—and do not follow it 100

percent of the time—you need this protocol. If you do not always trust yourself with your guidance, this tool will amplify the communication between you and your Higher Self to increase accuracy and dependability. Using this protocol, and perfecting your Higher Self Connection, is some of the most important spiritual work you can do for yourself in this lifetime. It will enable you to choose with confidence every action you take.

Two Steps to Higher Self Connection

The way to invite this connection in and to perfect it is done in two steps. Usually the first step is done in meditation. Sit quietly, asking your Higher Self to move in a little closer. Then ask your Higher Self to give you a symbol or signal for "yes." Wait for it to appear—it may be faint. Then ask for your symbol or signal for "no," and wait for it to present. Finally ask for your symbol or signal for "neutral." Each signal could be physical; it may typically be a sensation in the body. An itchy ear, a sound, and the word "yes," all qualify as symbols or signals. It could be a visual that you see when you close your eyes. Your signal might appear as the spoken words *Yes, No,* or *Neutral.* Ask, "Higher Self, Give me my signal for 'yes.'" Repeat this with "no" and then with "neutral." This is important and a necessary step. Then you will play.

Sometimes you will get a sensation in your physical body—for example, your chest expanding and opening. You might see a color with your inner vision even though your eyes are closed. Sometimes you will hear a sound, a bell or a siren for example. Sometimes you will get something silly like an itchy ear. It will not matter what your signal is. What matters is that it is *your* signal. I have even had students notice that they can smell something like roses for their "yes" signal.

Now write this down in your journal. Later when you do this again it will be easier looking for these symbols or signals to show up again because you know what they are. Also, when you think about them later with your rational mind, your written notes will allay your doubts and prevent you from forgetting, a common problem for beginners.

If you are highly mental, you might not get anything. Then I suggest you teach your Higher Self a symbol or signal that you can replicate, and show it to your Higher Self. One method I use is to put all your attention on your

right hand, making it feel more energized and alive; then grow that feeling to your right arm, then right torso, right leg, and then feet. Keep running the energy back and forth until your entire right side feels different, slightly more energized than your left side. Ask your Higher Self to come closer, and tell your Higher Self: "Higher Self, This (right side energy) is my sign for 'yes.'" Repeat this on your left side with "no." Use your central column to create "neutral." Teaching the Higher Self a signal like this that you can recognize replaces receiving your signal spontaneously as described above. This works for everyone when the signal doesn't appear effortlessly.

Over 90 percent of the students I have trained get a symbol or signal right away, and a much smaller number of students must use this alternate way of teaching their Higher Self, which is also effective.

Step two involves a commitment from you for a practice period of forty-five days. This practice period must honor the agreements below. You must follow the protocol strictly in order to achieve the accuracy you seek. Even though you are doing this for forty-five days, the tool will be with you for the rest of your life.

EXERCISE 5.1

HIGHER SELF PRACTICE

Always address your Higher Self by name. And be sure to follow these seven guidelines.

1. Write down the dates of the beginning and end of your practice. It is for forty-five days.
2. Your questions may only be "yes," "no," or "neutral" questions. No open-ended questions.
3. Ask only unimportant questions that you really don't care about one way or the other.
4. You must follow through once you have asked a question. If your Higher Self says "no" to a question about dessert, for example, then don't eat it. No exceptions. This is to keep the practice period clear. After your practice period, if you decide not to follow your Higher Self, it is OK—but you will probably regret it.

5. You must not ask important questions unless you need to make an exception. Exceptions are rare questions that you need to ask because you cannot wait until the end of your practice period. If you can put off a decision until the end of your practice period, do so. On the other hand, don't ask questions if you aren't willing to follow through with the answer or decisions.
6. If you don't get a clear signal to your question, abandon the question after asking twice. Do not ask the same question three times. When you ask multiple times you have made your question important.
7. Do not use any divination tools during the practice period. This means no pendulum, no muscle testing, no kinesiology. (Remember, it is just for forty-five days.)

Your Higher Self and the Future

Your Higher Self is not a future teller, nor can it accurately tell you what someone else will do. Your Higher Self will advise you based on all the factors that you care about, and that even includes information you did not know you needed to know but that is related to your query.

Thus, you should not ask predictive questions. Do not ask, "Will someone do (fill in the blank)." Instead, your Higher Self questions should always take the format: "Higher Self, is it in my highest and best good to (fill in the blank)?" You are asking your most trusted adviser, who knows more about the reality than you do yet cares about everything you care about. This is why your Higher Self can give you counterintuitive advice, and in the end, it is the best advice. By always asking in this format—"Higher Self, is it in my HBG (highest and best good) to take this action?—you will ensure that the identity of the energy you are speaking to is truly your Higher Self. If you just ask the question without addressing your Higher Self, you may be surprised to learn it was not your Higher Self answering!

Your Higher Self practice for forty-five days will open the door to crystal-clear communication between you and your Higher Self. It will make everything else you do easier and more fun. It is a true game changer.[*17] You now have a fail-safe method. When you get intuitive information, or direct information from your Higher Self you can ask, "Is this my Higher Self

telling me . . . (fill in the blank)?" Only your Higher Self may answer "Yes." Then when you are given information that makes no sense, you can ask if it is coming from your Higher Self.

More Questions about Your Higher Self Practice

Now that you have learned the Higher Self protocol, you can practice it anytime and all the time for the next forty-five days. I recommend that you aim for at least thirty to forty questions a day. You want to ask the *last* question that you *might* ask, not the second to last question. The last question is, "Is it in my highest and best good to carry an umbrella today?" The second to last question would be, "Will it rain?" Hopefully you can see that when you ask about the rain, you are asking for information so you can make a *decision.* That's using your ego. Using your Higher Self is when you ask about the actual decision. *Do you need* an umbrella? Your ego wants you to be safe, by classifying people, circumstances, and information in ways that allow you to *decide* about them, whether or not a true experience warrants that classification.

One student wrote that she has continued to struggle with her Higher Self Connection: "I did begin to do the exercises you suggested in your book and did not complete the forty-five days recommended (I think it was forty-five days). I noticed no change or communication from my Higher Self and got frustrated and stopped." My response to her was:

> This means you missed the whole point of the exercise. Mission one is to practice without caring about the outcome. If you are observing the information and evaluating it—then you still "care." It is like going to the driving range with a bucket of golf balls. You ignore all the misses, because after all, you have plenty of balls, and focus on the ones that go where you want. I'm sure it is "new" to you to practice something for the sheer practice and fun without focusing on progress, but that is *exactly* what you need to do. I'm confident that with these practices in place, you will do just fine!

The student continued, "So coming into the class I had concerns about my Higher Self Connection and am concerned about not being able to

connect with the Akashic Records." And I responded:

> Darling woman, we *all* have these concerns. Me too. Every time I open the Records I'm concerned that I'm an accurate channel and conduit of the light. Many well-known performing artists talk openly about stage fright. My opinion is that is exactly what makes us good! Our sincere humility and desire to be of service, first to ourselves, and then to others. It is our willingness to "show up" that matters! When I first started reading for others I was "sure" I was making up the information—until clients would gasp in surprise or give me specific feedback like, "How could you *know* I have a boat?" Be good to yourself and allow all the information coming in to be scribed and practice for the sake of practice. No evaluating or judgment here!

MOVING FROM FIFTH DIMENSION TO THE AKASHIC RECORDS

One of the reasons that I recommend everyone learn and practice their Higher Self Connection is that this will give you your natural place of connection. In time you will automatically move into fifth dimension first, and then to the eleventh dimension to open the Records.

You know you are in 5D when you do not have the need to know if something is the truth because you *know* it is in alignment with God. The difference between the lower creation and the middle creation is free will. Free will is not about choices you make, but the permission you have to select the "not-God" choice. In 3D you are allowed to choose anything in any direction, including the not-God choice.

When you work with your Higher Self and establish your Higher Self Connection, and then go to the Akashic Records in eleventh dimension, you are completely outside of the polarity expression. This ensures your ability to transfer accurate, pristine data (to *not* filter it). Your ability to transmit exactly what's coming through the Records is more finely tuned than it is if you start from your 3D self. This is the difference between the work of the Akashic Records that we are doing and what's being done in other levels of the Akashic Records' work everywhere else.

As a channel of the Akashic Records, you are receiving the information of the moment. This may be hard to understand in 3D where your thoughts may be. Think of a language interpreter. The Rosetta Stone served as a code breaker because it carried the same speech in three different languages, thus allowing linguists to understand ancient hieroglyphics. When you have a well-established 5D connection, and then move closer to the eleventh dimension, where the Records are, you enable the Record Keepers to express from that vantage point.

Signs That You Are in the Akashic Records

There are multiple markers that you can notice and focus your awareness on. Many of these markers are discernable and definable. They may be sensations in the physical body. You may feel a pulse or other sensation that is remarkably consistent, yet does not occur at any other time. These markers help you recognize and determine that you are indeed in the Akashic zone. The markers are:

Hammock Effect

Sound

Sensation

Pulse

Pressure

The way language is used (such as addressing you in Opening Remarks with “Dear one” or some other term of endearment)

When you “open” the Records with the Sacred Prayer, stop for a moment. Many students experience what I call the “Hammock Effect,” a powerful feeling of love, tenderness, and well-being. You will feel cherished and treasured.

Next, allow yourself to notice what is going on in your body. You may hear a sound like a radio station that has gone off the air. It is hard to define, yet you will be able to recognize it if you hear it. Some describe it as white noise. I call it the soundless-sound.

Others will encounter a different form of sensation—perhaps it’s the

pulse. The pulse is similar to the feeling you get when you put earplugs in and then try to hear the sound of your blood moving in your body, or the beating of your heart. Again, this will be subtle; learn to pay attention and to notice it is there.

Others feel a pressure on their chest anchoring them in the Akashic field. This pressure may feel like someone is pushing a pillow into your chest. It does not hurt. It is subtle, but evident.

You may heat up in the heart area, or the entire physical body may get hot and sweaty.

Everyone has at least one of these sensations. When you notice these markers, with purpose, your awareness will grow and the experience will be amplified. As you focus on them it will be easier to recognize. Identifying and noticing the markers will enhance your confidence that you have indeed connected with the Akashic Record Keepers.

Understand these markers will not be obvious, at first. That is the point. You must pause after opening the Records and "sense" this shift. It is quite subtle. Once you get used to noticing it perceptually, it becomes easier. It may be helpful to remind yourself that you are not to judge yourself within the practice, other than to show up regularly, and even that must be approached as a choice, a loving choice.

EXERCISE 5.2

QUESTIONS FOR YOUR HIGHER SELF AND AKASHIC RECORDS

We are ready for more practice questions in this round; you will be asking your Higher Self first and follow in your Records. Do not worry that you have not yet developed your Higher Self connection. It will grow in due time. In the meantime, you can still be working with both your Higher Self and your Akashic Records. You will be strengthening your connection to both your fifth dimensional Higher Self, and your eleventh dimensional connection into the Records.

Let us start out with the following questions. First ask your Higher Self these questions by writing them out in your journal along with your answers. Then open up the Records and ask your Record

Keepers the same questions, again writing out the full question followed by the full answer (be sure to follow the Akashic Records Protocol given in chapter 4).

- What is the meaning of “Why?”
- What is the meaning of “Wonder?”
- How do I stay in my joy?
- Think of a stranger you encountered recently: What is the most important thing I may learn from him or her?
- Name another interesting/challenging thing that happened recently. “What may I know about this event?”
- Pick a fun experience or occurrence that happened this week and ask, “What may I know about this event?

You may feel unsure and possibly nervous. This is normal. Write anyway. Do not worry whether your answers are good enough. Instead, write what you get, write what comes in, and write spontaneously even if it is just one word at a time. Your ego and fear may try to control you. You may have entities trying to give you answers. Writing is important, and once you begin to scribe what comes through, it will get easier and easier!

Remember too that the feeling and experience of the Higher Self information is very fast, whereas when you are in the Akashic Records, the information must be *requested,* and then it can come in fast, slow, or one word at a time. Some of you will find it easier to ask your Higher Self these questions on one day, and then on the following day open your Records and again ask the same questions. That can be very helpful, because it allows you to feel that your information from one source is not bleeding into the next one.

Write your answers, and then compare to the sample responses in table 5.1 from other students.

TABLE 5.1. SAMPLE ANSWERS

Questions	Higher Self	Record Keepers
What is the meaning of "Why?"	"Why?" is the universal question asked to help understand human behavior. Often it is used to judge a behavior as good or bad, like the reason why I was late is I overslept, or because of difficult traffic.	We say to you that people experiencing the third dimension wish to know the reasons behind events that occur. As vibrations increase, *knowing* takes the place of asking, "Why?"
What is the meaning of "Why?"	"Why?" is the key that unlocks light and information. This is a way to ask about the meaning and causes of things.	Is why important? "Why?" is the meaning of all which you cannot fathom at present, but it's OK; don't worry about it! "Why?" is the opposite of understanding; once you have understanding, you know why.
What is the meaning of "Wonder"?	Wonder is to try to understand what is the cause of something or the meaning of an event or mystery.	Wonder is the experience of appreciation for all that is. It is connected to gratitude and joy and is to be a part of your daily life.
What is the meaning of "Wonder"?	Trying to understand. Noticing and thinking about how and also trying to figure it out. Innocent observation without preconceived ideas. Wonder is to experience all the meaning and joy of life. When my heart feels light and good.	You wonder and can feel happiness. (This is because you are stuck in a state of awe at the universe.) The work of invisible forces. Wonder is a way to take notice of your present situation. Wonder is your response to something different.
How do I stay in my joy?	Continue to find ways to see the good in all around you. Sometimes expectations cause disappointment, and you let that hold you back.	It is a matter of being aware of all around you. How can you not be in your joy if you use all of your senses to enjoy that which surrounds you? Your painting will give you some personal joy.
How do I stay in my joy?	Stay in the present moment. Connect with heart, and stay in the light. Notice that you check out—and stay present. Do the things I enjoy.	Let your heart dance; do not fear, you will not fall. You *choose* to do so. By allowing the present *now*. Be at peace, rest.

Questions	Higher Self	Record Keepers
Think of a stranger you encountered recently: What is the most important thing I may learn from him or her?	Your new neighbors do not speak English, and you would like to converse with them. They still smiled at you and waved.	Although you could not communicate through language, communication did take place. Kindness makes a difference. The tone of your voice and the gestures you used were understood.
Name an interesting / challenging occurrence that happened recently. "What may I know about this event?"	This will be a test for you to show patience and compassion.	We say to you that this event will be very difficult for your loved one. You will be able to help him by keeping joy and a positive countenance. Old patterns of abruptness and impatience will not be helpful.
What may I know about this fun event?	Continue to work on your painting skills.	Your artwork will bring you and others much pleasure. Be sure to allow some time each day to work on your painting.

In the last two answers, notice that the Record Keepers address the questioner and refer to him or her as "you." For example, "Your artwork will . . ." Another way to notice the way the Record Keepers speak to you is through a group voice speaking to you, "We say to you . . ."

When you ask your Higher Self, "I wonder what's going on" or "I wonder why that happened," you have opened the window to receiving full information. When you just ask *why* it is, your ego can compartmentalize the answer. "Why" questions are to satisfy the ego/mind. "Wonder" is open-ended, which invites the Record Keepers to provide insight and understanding. Here is another set of student answers from the Record Keepers to these questions.

What is the meaning of "Why?"

A little girl asks her daddy, "Why does the wind blow?" What does he say? Does he answer her with complex technical jargon? Or something poetic that

just sounds nice? Or would he say something to make her smile? It depends whom you ask.

What is the meaning of "Wonder"?

Wonder can only be experienced. It cannot be described by words because the mind distorts it. But in general, wonder is something beyond explanation. The reason we fall out of wonder is that we lose awareness of all that is. There is just too much stuff! We aren't using enough of our brains, and the parts that we are using are all wired wrong. Wonder can also be seen as a particular "reality context" that may or may not be available at any given moment.

How do I stay in my joy?

Find your rhythm and stride. Look for the activities, passions, and interests that make you happy, and make sure you do some form of them once a day.

What is the most important thing I may learn from a stranger that I met recently?

I am an amazing guy. (*Notice* he used the phrase, "*I* am an amazing guy." That is either an entity or ego. The Record Keepers would say, "*You* are an amazing guy.")

Pick a fun experience or occurrence that happened this week and ask, "What may I know about this event?"

You can have fun anywhere.

Pick an intense/difficult experience or occurrence that happened this week and ask, "What may I know about this event?"

My grandma is in the hospital. She will be okay.

This set of answers came from the *same person*. Notice that the Record Keepers and Guides are speaking to him, "You do this . . ." except for one instance, when he uses the personal pronoun. When that happens, you know it's not the Record Keepers.

PRACTICE, PRACTICE, PRACTICE!

As with all skills, the more you practice, the better you will become. Some of you will have an easy time; others may have to work at it. Nevertheless, please plan on opening your Records at least three times a week in order to maximize your proficiency. You may be feeling nervous, but you can relax knowing everyone feels nervous until they practice more! You can use your tools such as the secret mudra you learned in chapter 4. Also watch for the markers discussed above, and let them help you lock into this unique connection.

The Record Keepers say, "Practice, learn, and listen" to replace the oft-repeated phrase, "practice, practice, practice." The time you spend in the practice with your Higher Self or in the Records will reap bountiful rewards! Some of you have been working with your Higher Self for a long time, and this part will come through with grace and ease. If this is you, remember to always ask by addressing your Higher Self by name: "Higher Self, what is the meaning of 'Why?'" Sometimes you will sit down, knowing you do not have enough time. This can be a fear of failure; setting yourself up without adequate time causes you to put undue pressure on yourself. Make sure you give yourself time to be in the Records twenty to thirty minutes each day. You will easily keep your practice alive.

Some of you may be reading this book and not doing the practice. Procrastination is a form of self-doubt. Even if you think you have more important things that need to be done, or that you will do the practice when you have finished reading the book, consider establishing a time to start. Just as physical exercise is better in small increments rather than one long session, your effort will improve each time you go into the Records.

EXERCISE 5.3

MORE QUESTIONS FOR HIGHER SELF AND RECORD KEEPERS

- What is the most important thing for me to work on now?
- What is my mission?

- What may I know about another interesting event that happened to me?

The following answer key is for you to notice your answers, to see how the Record Keepers and Higher Self communicate differently. Also, it's for you to review how the answers might come.

TABLE 5.2. ANSWER KEY

Question	Higher Self	Record Keepers
What is the most important thing for me to work on now?	Continue on your spiritual path.	We want you to be open to more information that is part of your spiritual journey. Continue to explore and ponder ideas that come forward.
What is my mission?	Help others on their spiritual journey.	Your journey will include the acquisition of new skills to help you assist others as they proceed on their own spiritual journeys. Be patient, as much work is required. However, you will enjoy the ride.
What may I know about another interesting experience that happened to me?	Missing family after their passing. It answered curiosity about some issues.	Your loved ones were happy to have a chance to connect with you. It is difficult for them to speak to you. As you raise your vibration, your experiences will increase and will be more helpful.

THE VOICE OF RECORD KEEPERS VERSUS YOUR OWN INNER VOICE

The Record Keepers and Guides are incredibly loving and patient. They will always refer to your efforts in life as *experiences.* When it's your own inner critic/voice, you are likely to refer to these same experiences as *lessons.*

Notice the energy on the word *lessons.* Lessons involve karma; lessons involve remedial action or reparation. The Record Keepers say, “There are no lessons from our vantage point. All are opportunities.” Notice this fine-tuning in the work!

6

PURPOSEFUL CURIOSITY

What to Ask and How to Ask

By now you may have begun to see a clearer picture of why the Records have been made available to humanity. Now it's your turn to discover your primary objectives in learning to open the Akashic Records. You might journal about this question before reading on.

For your own purposes, it is good to begin comprehending how to ask questions and formulate your queries. While there is no right or wrong in the Records, it is helpful to have a concept of what you may do when you want to understand or know more. Sometimes you get an answer that makes no sense to you, and you will want to get clarity. No matter what they answer, the Record Keepers are always willing to go deeper with you, if you are willing to go deeper with them.

The Akashic Records are rich and ever-changing. This is because humans are ever-changing, *life* is ever-changing. This means that even asking the same question over and over will result in new information. Asking yesterday's question today will give new results because the people, places, circumstances, and more may have changed in ways that were not known. Contrary to the beliefs of some, the future is *not* known. This is because of free will; the experiences of today load up and change tomorrow! Certainly there are contracts, missions, and probabilities. These all play into the scenario of life.

As an open creation, knowledge begets action. This is to say that when you know or understand something from inside the Records it changes you and changes your outcome. You become responsible for this knowledge.

Think of the woman who was told about her roommate leaving. As she expressed her own outrage at the man's behavior, when it did occur, she already *knew* from the Records that it would turn out well, and therefore, her outrage may have been lessened. At the same time, the Record Keepers themselves do not control the outcome. Even when you know the ramifications of your actions, you might still ignore them, which changes the outcome.

EXERCISE 6.1

QUESTIONS TO ASK IN THE RECORDS

You might start out with the human development side of life (personal growth) and then move into patterns that consistently appear where you can develop a greater understanding. Here are some ideas.

- Record Keepers and Guides, why did (fill in the blank)?
- Record Keepers and Guides, what may I know about (fill in the blank)?
- Record Keepers and Guides, what do you mean by the word (fill in the word)?
- Record Keepers and Guides, can you give me another example of what that means?
- Record Keepers and Guides, help me to get clarity on (fill in the blank).
- Record Keepers and Guides, how can I get more (fill in the blank)?
- Record Keepers and Guides, why do I (fill in the blank)?
- Record Keepers and Guides, how can I (fill in the blank)?
- Record Keepers and Guides, how can I ask better questions about (fill in the blank)?
- Record Keepers and Guides, is there another way to solve (fill in the blank)?

As you can see, the possibilities continue to expand and grow. The

answers you receive will help you know what other questions you may need to explore. Time in the Akashic Records is well spent. As you develop your willingness to examine yourself, your motives and feelings, your own Record Keepers and Guides will become as familiar to you as your favorite friend. Feelings are a way to know what is right or wrong for you.

EXERCISE 6.2

QUESTIONS FOR RECORD KEEPERS

You can practice using this longer list. Pick questions that interest you, so you are more likely to go into the Records. Remember the story from the beginning of the book, where one of the certified guides asked the same question over and over for a month? You can do that too. You will discover that the more you ask, the more will be revealed. You will find your own acceptance growing and expanding, and you will discover that you are truly empowered to love yourself and others, no matter what.

- What is going on with karma?
- What are the emotions used for?
- Why do spirits want to incarnate here at this time?
- Why do so many spirits choose to leave at this time?
- What can the masters, teachers, and Record Keepers tell us about worldwide disasters?
- What are my treasures?
- How may I best utilize them?
- What are my fears?
- How do I learn from knowing this? Is there more?
- What may I do to heal?
- Am I living in the ideal place for the next six months or cycle of time?
- What belief systems do I need to release?
- What am I passionate about?

- Define my integrity.
- What can you tell me about a recent disappointment?
- What food or drink stands in the way of my evolution?
- What may I know about (person/situation) that will be helpful or useful?
- What is limiting my belief about (fill in the blank)?
- What is my soul's purpose?
- Is it in my highest and best good to continue working in the Akashic Records?
- Is it in my highest and best good to learn to read for others?

Here are some answers to some of these questions received by a student, Betty Labbate, who is now a certified guide and teacher of Akashic Records, having completed this in one year by attending the Ascension Institute.

What is going on with karma?

Karma is over. Your need to have some recourse to blame is now gone. You —in 5D—can move through any situation by saying, "The past is over and gone. I am done with the past. The future starts now!'" And move on, letting it go.

Why do spirits want to incarnate here at this time?

Spirits are all willing to help. This task of bringing all into 5D is a huge assignment. Ask for help with it. They will bring in much light, love, new perceptions, and possibilities. They bring a much needed framework and ideas to help release the old. You are so used to the old structure, and the new is so different. Don't be afraid!! Fear closes down the process. Just enjoy the new, and have lots of fun watching others be astounded by you and your actions.

Why do so many spirits choose to leave at this time?

Some spirits' frameworks of time and their "piece of the puzzle" are accomplished. When their work is completed they return to the higher realm

for a new assignment. That is why some spirits are leaving at this time. Thank them for their assistance, and wish them good wishes for the next assignment of love.

What can the masters, teachers, and Record Keepers tell us about worldwide disasters?

Many people/spirits/entities came to this earth for a specific purpose. When that purpose is over they leave. Many of them have come here as your brothers, sisters, and friends. They fulfill that role or specific purpose, and they leave. You may not have known this at that time of their departure. The worldwide disasters are the essence of positive energy used to rebuild the earth and bring forth that deeply buried love for each other and all things in this world. When they (persons) leave through disasters they know that they have done or finished their part for now. Some will return to finish their purpose at a later time. But most know as they leave that they have imprinted on you and others what you need to go forth and accomplish your mission. A disaster clears the pathway for new meanings, methodologies, revelations, and knowings that are meant to be seeded or implanted or implemented at this time!

What are my treasures?

We have given you so many treasures: teachers; family; love; abundance; a purpose. We hold you in our highest regard; know that all that you need—all your treasures—will be provided for you just as we have provided them from your very start on this planet.

How may I best utilize them?

First of all identify that which you would like to utilize. You have been granted your wish to study with the best and in the new knowledge. Ask for what you wish. We are working on giving you all that you need. Feel our love; go forth and do your part in this world!

What are my fears?

You fear so many things. Know that through us all things are possible. We have never left you penniless—one of your fears. We have provided you

much esoteric and book wisdom. There is no need to list your fears. Just know that when you identify one you can say, “That fear no longer exists; today is a new day, and all that I need is being provided!!” (Repeat this three times.)

How do I learn from knowing this? Is there more?

You can recite many examples of this fear stuff. But you also need to clear the ancestral fear as that is what keeps coming up for you. Your ancestors took many risks to come to this country, and many losses were endured. Clear this for your ancestors!!

Done!

What may I do to heal?

Already done. See above.

Am I living in the ideal place for the next six months or cycle of time?

Yes, for now. But your future shows that you will be doing some traveling to other areas and teaching, similar to what you do now but in a different job format. You will be moving into a different realm of divinity and teaching people in their teens and twenties about the meaning of unconditional love and fearlessness. We will equip you with all the materials that you will need. You are fully supported. You will get more information on this at a later time.

What belief systems do I need to release?

Belief that the current system is true. You do not see what is going on behind the scenes in this world. You are too complacent in believing what is being fed to you. Ask us or your Higher Self if you are unsure of a truth. Feel more of the energy that is being provided. And when in question, ask—much as you have done in your Higher Self training. You will always have our support in discerning truth!!

What am I passionate about?

Learning, healing, loving, supporting. We are providing you with

opportunities to learn and share. Continue growing. We are here for you!!

Is it in my highest and best good to continue working in the Akashic Records?

You have been working in these Records for a long time. We are honored to call you our partner. You were in the Records in your childhood but less in your teen and twenties. We were so pleased for your return in your thirties and being with us now. We know that by sharing your knowledge of the Records—ensuring privacy and dignity for all involved—that you will do well in this area.

Is it in my highest and best good to learn to read for others?

Oh *yes*!

Here are more samples of answers to these questions.

TABLE 6.1. SAMPLE ANSWERS

Questions	Higher Self Responses	Record Keepers Responses
What are my treasures?	We say to you that the treasures in your life change as you grow during your lifetime. True treasures are the talents that you develop and cherish and other treasures include the gifts of learning received from people whom you meet and interact with. The lessons learned are most valuable treasures.	You are a very compassionate man; your love goes deep; you get it; you are able to be and feel love, and what it feels to feel love on a deep basis. This has been channeled to you and through over multiple lifetimes. We encourage you to take more time each day to smell the roses. Feel love in your natural state of being. It's where you flourish the most. It's easy to look around and get caught up in the drama of life. We ask that you allow life to play out as it chooses. We ask you to be specific in your choices as it will pay great dividends. You are at a crossroads, neither choice is good or bad. Based on your internal desires, to make a bigger difference in the world we ask that you simply hold this vision in your mind. Let go of the how, and what it might look like; instead hold on to the vibrations, feelings, essence. You will be guided; you are supported. You are deeply loved and cherished. You are deeply loved. We are with you always.
How may I best utilize my treasures?	When you are passionate about a talent, in your case photography, the positive energy emitted is absorbed by everyone around you. If that is a passion, you should develop your skills further. Lessons learned can be recognized so that they are truly lessons learned, and then can guide future behavior.	Learn to create out of desire, expand your light within, allow it to touch others, and lead by example.

Questions	Higher Self Responses	Record Keepers Responses
Am I feeling fear about anything?	You fear being alone. Since your daughter died and your other daughter lives so very far away from you, the sense of family that has been important to you is not easily felt. You fear that you are unable to share your new learning with your current partner—and it would be fun to do so.	What do we say about your fears? To start with we would say it would be best not to own them as in calling them "my fears." These feelings of disquiet and uncertainty that you have tapped into are more the mass consciousness vibration, which is based on human concerns around money, legal system, having financial security, having a roof over your head, as you age, and so on. And of course at age 65 you've had plenty of exposure to these concepts of physical survival in human terms. And we see and note that you have already begun the process of transcendence of many of these concepts. There is, however, further work to do. Some will be achieved at the deep cellular level with your special healing modality, and some will be cleared as you deal with the entities of fear that have connected with you in time of great vulnerability and disempowerment in the dynamic of the business partnership. So patience, my child; you are being guided, and all will be cleansed and transmuted. *Note: Later, this woman became a certified guide, has happily resolved all the issues at hand, and has purchased her dream house on the beach!*
How may I learn from knowing this?	Enjoy the time you do have with family. Many of your friends are like family. Enjoy them.	
What may I do to heal? (above)	Continue on your journey to learn. Your skills are coming. Be patient. Put more time into your meditation. That will help you to relax.	
What belief systems do I need to release?	Just love. Love yourself, love strangers; love all with whom you meet each day. You are on the right track.	

In the answers given above, you can notice that one person's Record Keepers reminded him that our energetic matrix *changes* when we "smell the roses." It is more important to hold our vibration of joy and spiritual satisfaction than to be concerned with how or why.

You can also notice that the Record Keepers and Guides told another person that she was channeling *mass consciousness fears* as well as her own? That's huge, and lots of people are clearing out emotions for the humans on this planet this way! And then they went on to tell her not to call them her own? That's a very powerful message! This person is not the *only* person being told this! Thousands are being reminded that the light bearers are healing the planet because they can. Sometimes *you* may be the one carrying the weight of the world, and this is fueled by forces that hold people back. You can ask for help from your angels and guides. Take this message to heart, and ask for help.

Can you begin to see that the Record Keepers use more formal language and their tone is loving, generous, and expansive?

One of the important messages I impress on all my students is that circumstances that happen, that make no sense, yet make you fearful are usually coming from mass consciousness. What should you do when you discover this? I advise you to look "fear" in the eye and acknowledge it. Perhaps you'll say, "I am feeling this feeling." (Not: "I own this fear.") Then, you follow with, "But you have no power, I am much more powerful than you. I am more powerful than the fear that is moving through me, and I want to know what is behind the fear." Sometimes the fear is based on some little thing (similar to) your behavior or experience. Sometimes you will discover you are afraid to talk—and have to clear your throat, or you get a sore throat.

Fear can be related to congruency. Sometimes you believe one thing—yet behave differently. This lack of correspondence between your thoughts and actions will impact your work in the Akashic Records as well as in life. You have a standard of behavior that you believe is appropriate, and if you are in an embarrassing or difficult situation, you might choose to behave out of integrity with your ideal (I want to lose weight, but I keep eating donuts). You probably will be filled with regret later, but it can haunt you, and it can come up as a fear, if you do not notice when your behavior is out of alignment with your beliefs and desires.

Record Keepers on the Emotions

In one of my classes I asked each student to write, “Record Keepers and Guides, what are the emotions used for?” Here are some of the responses received by the students:

People use emotions to express reactions to events or circumstances.

They allow or serve as windows of the soul.

Emotions often show up as repositories or storehouses based on defaults of mass consciousness that may not be related to you or your own emotional experiences.

The emotions tag information and allow for the movement of energy and information.

The emotions are used to regulate wanted and unwanted, warranted and unwarranted feelings and to help you find your way in the quagmire.

Use your emotions to be a human being. This is the way of this Earth walk.

At times, feel your feelings, but at other times listen objectively. You will learn how and when to use which facilities. It only takes practice, and practice is key.

To connect with or understand other people.

The emotions are for you to feel past, present, and future pain and happiness.

EXERCISE 6.3

DEEPER QUESTIONS

You are now ready to ask some deeper questions for yourself and

about the meaning of life. You may wish to explore from this list:

- Record Keepers and Guides, why were the Akashic Records made available to all humanity who wish to learn?
- Record Keepers and Guides, what may I know about the upcoming business decision I need to make?
- Record Keepers and Guides, what may I know about my employee(s) or coworker(s)?
- Record Keepers and Guides, who are my teachers and guides?
- Record Keepers and Guides, what may I know about (fill in the blank regarding interpersonal relationships, family members, and more)?

A COMPARATIVE TRUTH IN THE AKASHIC RECORDS

There is a mass consciousness version of truth, which involves polarity. This supports the polarity consciousness, subsidizing the idea that if there is truth, then there must be falsity. In the Akashic Records, there is no truth versus falsity. I want each of you to understand this. Where there is no polarity, there is no truth. Truth is subjective. There can be truth in the moment, but knowledge changes things. When in 5D, there is no lie. When we say our opening prayer we are asking that we be surrounded by truth and integrity so that as we move from the highest form of 3D from which we can launch we are able to ride the rainbow to the Akashic Records. From 5D and up, anything that does not resonate "of God" does not occur to you. From that vantage point there is no truth, because there is no presence of nontruth. In 11D, upper creation, this is even *more* pronounced.

One way to help you identify issues is to notice if you are using judgmental words or ideas and allow for another way to express the information without using polarizing words such as "the truth," and to move away from the ambiguity of using this term. As an exercise, a group of students went into the Records to get more information on *truth,* asking, "What may I know about the word *truth*?" First answer this question yourself, then read their discussion below.

“Record Keepers and Guides, what may I know about the word *truth?*”

MONA: There is no meaning in truth itself. The truth is alignment with God. It is clarity and purity. In higher realms, it is its natural state as it is the *only* state. You are in your truth when you are connected with your Higher Self. Then you are in alignment with God. In the same way that an angel’s will is the will of God and the truth of God, there are many choices with God. There are many choices that are all aligned with him. The 3D free will has polarity and good and bad. Fifth dimension and beyond is God’s free will, which has unlimited choice, but all choice is love in the higher dimensions.

CHARITY: This word only exists on the lower dimensions, but we sometimes use this word as we are speaking to persons like you that understand that word. However, if there is another way to show you the understanding we would prefer to do that. Also in the higher dimensions, there is no value in the word *truth*. We are of 100 percent God’s light. How do you say you are free to do as you see? In freedom of choice there is only one positive.

DARLA: You know that the word *truth* means you can trust yourself and others to know what you say is true. Truth comes and goes. What may be true one moment may not be true to another in another moment. Truth is fluid. It comes and goes and passes from moment to moment, stringing together in one big long truth. The truth resonates for you, and it resonates for others. You know it when you hear it. You know it when you feel it. It vibrates with your soul and gives you peace. It gives you peace in your mind too. It silences the thinking and gives you calm. This is good for you to know and share for now.

YUKI: It is not necessary to be concerned about the word itself. What matters is clarity about one’s intentions—pure intentions—from the heart. If one comes from a place of love and compassion and acceptance of *all* there is, that is enough. Full respect of all that exists.

MICHELE: The word *truth* is you. Truth is love. Truth is not right or wrong. Be in the present connected to all for clarity of self and others. Truth is an energetic flow, void of judgment.

DONNA: Like Maureen said, the word *truth* is a word that is coded with energy that perpetuates the hiding/absconding of information from the masses. It keeps righteousness activated. Truth as a distinction continues to

separate and polarize. Truth as a distinction spawns and engenders separation.

LUCIA: The concept of truth does not exist. In your reality truth gives verbal confirmation about saying the right thing.

DEBBIE: The word *truth* can mean many things. In 3D it can be biased and perceptive. In 5D it can only be aligned with the will of God. There is no polarity in 5D. In 3D there is a polarity that can cause truth, and the truth is everyone has their own truth.

BARBARA: Do not be distracted by the noise on the phone; we are here to speak with you of all things. Truth is one layer in the mighty mix of life. Truth is a lovely word. “Am I to ask this question now?” You already have. “What may I know about the word truth?” Ah, we have your attention now. Seamlessly flowing information for one’s highest good.

CHRISTINE: Truth, while a polarity is true, is also a standard of polarity or level. To know the truth about something is to know the highest spirit of something. It is in the moment. A heart would change when new information is given. When new information is not wrong, it is added to—like music. To keep thee in thy fullest Lord (quotation from a poem) it is a living thing. It is what you get to know in the moment.

MARGARET: In 3D truth, your ego needs to compare, to justify. In God’s truth there is only oneness, love. You feel this in your knowing.

7

INTUITIVE MAXIMIZATION

Making the Most of the Opportunity

There are three stated ways to get information or know something in the reality. There is empirical evidence (the scientific method), and there are your own experiences (subjective evidence). The third way is through intuition or other forms of divination. Working with your Record Keepers and Guides is one of the third ways. Each experience is valid. I think there is a fourth way. The fourth way is the integration of all three. The benefit of the fourth way is that when you allow yourself to collect and integrate the logical and personal evidence, your ego-mind is satisfied that you have done your due diligence and you are not "acting like a crazy person." Then, armed with the knowledge of all three, working with the Akashic Records Guides and following your Higher Self is the true integration of the heart (Higher Self) and the mind (objective and subjective information).

I have concluded that the Higher Self is the ultimate authority for making decisions because it has access to all the other systems of knowledge and can take into account information that you might not yet know. However, in the Records, you can get the wisdom of "Why?" This wisdom often provides you with a connection into your heart that you did not realize was possible. Asking these questions in the Records gives you wisdom. When you take the time to grow understanding of the physical, mental, and emotional factors behind a decision, you have found a way to integrate all of them. When you first begin to work with your Higher Self you are in practice mode. This is where the action is all about *play*, and your practice must be playful. You are not meant to keep score during your practice period. After you have

completed your forty-five days of practice, you are ready to trust your Higher Self. This is a very powerful step because it allows you to take action and to act on information you otherwise would not have.

After a period of time—for some it is months and for others it may take longer—you will be able to *know* your Higher Self. What do I mean by "know"? If I ask you whether you trust that the sun will rise tomorrow, you would smile and say, "Actually I *know* the sun will rise tomorrow." You do not trust that the sun will come up—you *know* it will. In the same way, you will move from trusting your Higher Self due to your extensive experience with this version of you to *knowing* that your Higher Self is 100 percent accurate. In an example from my personal experiences, my highly intuitive mother, a graphologist (handwriting analyst), would intuitively know something about a person before finding that trait in his or her handwriting sample. Because handwriting analysis is scientific, she would wait to confirm that information and leave it out entirely from her reports if she did not see it in the sample.

Early on, I committed to following my Higher Self. This has proven its value to me over and over through how helpful it has been in daily life and in actions that I might take or might avoid. One of my sons recently told me that even though his job requires him to give data projections to the down-line stores in his geographic region, he often knows intuitively the answer before the data can clearly establish that result. Sometimes he must ignore his intuition because his data do not support his intuition. He still says his experience has told him that his intuition is always right.

GO WITH WHAT YOU GET

Sometimes you are taking difficult questions to the Record Keepers. What will they tell you? When you need a breakthrough on some issue or concern, it is always good to pay attention to the signs and signals that show up along the way. Sometimes you will be attracted to a book. Sometimes you will go somewhere and meet someone who has some service or conversation that you need. When you open the Records, you will be stunned to discover the Record Keepers referring to this new information; *they* direct you to the book you just purchased or the place you needed to be!

There will also be times that you will question what the Record Keepers are telling you. If you doubt their information, you can do a quick check-in with your Higher Self. This helps you trust your skills in the Akashic Records. Sometimes you might think you are making it up. In fact, that is pretty normal.

EXERCISE 7.1

MORE QUESTIONS IN THE AKASHIC RECORDS

- Is my ego/mind or emotions blocking me from understanding?
- What might be blocking me that needs clearing?
- Are there concealed aspects of me that keep me from knowing or understanding the situation?

Subjecting yourself to the loving, nonjudgmental responses of your Record Keepers and Guides will literally launch you away from those mind-sets that hold you back, shift you from habits you would like to break, and clear painful belief systems and criticism that may have come from your parents, family members, or spouse.

One woman asked about the former roommate-boyfriend of her daughter. Her daughter's cats had all mysteriously died one week. The client suspected the former boyfriend of poisoning the cats! Upon hearing her question, I wondered what the Record Keepers would say to her. "You do not need your Record Keepers to confirm that which you already know," was their firm response!

In yet another example, a regular monthly client was guided in Opening Remarks: "Your purpose at this time is related to the abundance of opportunity that is facing you. The biggest temptation will be to move quickly into the field and seek—and we say, take your time and allow all preparations that are needed. You are well in advance of when you must have your seedlings in the ground. This is about careful planning and thinking about the future, and how you maximize these opportunities. There is so much abundance of opportunity coming in that you will think to yourself, 'I am like the kid in the candy shop.'" The client was amazed. She reported to

me that the nonprofit she founded had had their board meeting right before our call, and they reviewed a marketing proposal that came in that she wanted to act on. She said, “My inclination was to jump and run into this opportunity.” But then the client said that “one of the new board members has a brother, a consultant, who will help me evaluate this new service provider pro bono!” She thought it made sense, but she’d been disappointed in this area in the past, and she didn’t want to wait. It was great advice at the beginning of the reading before any questions were asked.

Your Record Keepers and Guides can be counted on to help you comprehend more than you can see or understand on your own, thus helping you shift through life’s hurdles, harnessing your gifts, and magnifying your goodness.

YOUR AKASHIC JOURNAL

Your Akashic Records Journal should be used *just* for you in the Akashic Records. You could write anywhere and at any time, but having an Akashic Records Journal is an excellent way to track your progress. It creates a certain “ritual reinforcement” when you use the same journal each time, and always have the printed prayer and protocol in the journal. It also serves to inspire you to ask the same question over and over, or to ask for more clarity on an answer that has already been given.

Scientists have found that writing in this way improves your working memory. It also gives you more compassion about the life changes that you may be experiencing by working in the Records. It is a brilliant way to keep sight of your progress.

In fact, journaling of any kind has been found to alleviate the negative effects of stress on the body and strengthen the immune system’s cells! Research has proven that writing about difficult events actually improves your well-being. James Pennebaker has conducted extensive research about journaling around traumatic events and their positive benefits. Writers focusing on cognitions and emotions develop greater awareness of the positive benefits of stressful events than the other (comparative study of two groups).[1] You will certainly be asking your Record Keepers about all your events, not just the traumatic ones, although that may be where you start!

PAST-LIFE WORK

Would you like to know more about yourself and why you are here? Would you like to understand *your* reactions to people in your life? Would you like to better understand situations that do not make sense? It's time to start using the Akashic Records for past-life work. Be prepared to be amazed.

Again, you may be tempted to doubt the information that comes through. Be prepared to accept it. It's fine to doubt it, but let's also be fine accepting that your Record Keepers and Guides are giving you information about you that is real, is part of something bigger, and is part of the mastery of life.

Maybe you do not believe in reincarnation. Maybe you do, but do not want to get "hung up" working through a life that is history! Working in the Records reveals some very amazing information. Edgar Cayce didn't believe in reincarnation; yet, his trance messages continually revealed otherwise. Eventually he expanded his personal beliefs to include reincarnation. Over the last few years, I have discovered some very interesting and revealing things while helping thousands of clients and students! As mentioned earlier, humanity is on the "return trip home." Humanity is elevating and escalating its experiences to mend and heal the drama and pain of the past. How will we do this? By being triggered to embrace a past-life experience and changing it out, replacing the event with a different, more ideal outcome. This is not the same as forgiveness.

Many a client is given information (by the Record Keepers) about a past-life death and then given the chance to get off the wheel of trying to *fix* it! For example, a client who drowned in a past life may be born into a boating family so she can be near the water and not die in it. Like one client of mine, she may be drawn to the water, but terrified of it. These individuals set up a scenario to experience the same thing or take the same actions, but *without* dying. When I opened her Records, they showed me an image of her wearing a life vest while obsessively fussing over it.

The Record Keepers—and more importantly humanity—know there is more than one way to solve this obsession. Teach the soul: "*I do not need to do that.* I can be okay with making a decision that put me in jeopardy. Yes, I can be fine with that and not attempt to fix it." Think of a science experiment where the scientist is sure he can cook an egg in a microwave. He tries

endlessly to cook his egg without piercing the yolk or the shell, to no avail.

Numerous people that I have worked with have discovered that when they got close to their beloved, such as getting married or buying a house together and moving in, some “wound from the prior lifetime together” surfaces. When I started getting information about my own situation (my beloved husband killed me in a prior lifetime), I began to see the pattern of merging lifetimes and collapsing memories. This merging simplifies and heals the circumstances.

I was concurrently experiencing two lifetimes by having sharp pain that would come upon arising and then stop. Physical exams with the medical doctor yielded nothing—yet the pain persisted each morning. It always occurred for the first thirty or forty minutes after awaking in the morning and then abated after that, until the next morning. This went on for months. Finally, the other version of me that was being healed was able to function fully without “my” help. Encountering this experience baffled me at first until it was shown to me that I was simultaneously living two separate lives linked through a vortex, an event in time and space that put us together. (It has to do with being in the same place, with the same person that the original event occurred.) In the Akashic Records I appealed to the versions of me that hold all of these interacting aspects of us to complete and heal from the inner planes, letting it resolve through this act of love.

Time and time again, your Record Keepers will assemble when you call, answering your request. Your answers are limited only by your willingness to scribe the messages from the Record Keepers and Guides, to consider their messages, to accept their information as real. Scribing is not always easy, especially when you are resisting a situation, yet that turns out to be easier than many “traditional” options. Humans do not always need to go through extensive psychotherapy to heal their wounds, especially if they are coming from past-life events. An excellent resource on this is from a medical doctor and psychiatrist who began using hypnotherapy to heal her patients. She was having remarkable success, taking them back to the time in their lives when their dysfunction began. This worked very well until one of her patients went to a previous life! As a clinician, she had no experience with past-life work! Read more about her work in the book *Remarkable Healings*, by Shakuntala Modi, M.D.

EXERCISE 7.2

QUESTIONS TO EXPLORE YOUR SHADOW

Here are some deep questions for you that may help you explore your shadow—the part of you that you are unwilling to admit exists. These questions will help you to uncover that part of you that is filled with shame and self-judgments. You may think these questions are personally for you, and certainly if you have never addressed them, it would be wise to ask yourself first before asking in the Akashic Records.

- What am I most afraid to admit about myself?
- What will people think of me if they find out?
- What will people think of me *when* they find out?
- Who am I annoyed with?
- Why do I dislike this person?
- What has this person done that I disapprove of within myself?
- Why do I object to certain people, situations, and behaviors? (Insert which specific aspect applies.)
- Who would stop loving me if they knew the truth?
- What secrets about me have I been hiding?
- What do I react to?
- What part of my life is real?
- What part is false?
- What part of me is out of balance?
- Where do I need to concentrate and place my energy?
- What should I put effort into?
- How can I improve my self-love, wisdom, or power? (Insert which specific aspect applies.)

The Record Keepers and Guides are gentle and kind. They will give you one word at a time if you are unable to accept or comprehend what they are telling you. Sometimes you are resisting their answer or revelation. They will

give you answers and suggested actions you may take with love, kindness, and compassion. Acceptance is not always easy. Hearing truths that you have no way to verify will seem strange at first, yet you will see the plausibility of this information, and it will start to sink in that it really might be true.

Will you try or will you abandon the work at this juncture? Will you laugh and cry knowing that you have lived before, loved before, disappointed yourself, but never disappointed them? Will you open to the knowledge that no matter who you are, no matter what you have done, you are perfect just the way you are? Will you learn to love you, just as the Record Keepers and Guides do?

And what will loving yourself do for you? Will it silence the voice in you that prevents you from being happy? Will it ease your shame over the actions you have done to hurt another? Will it take you to the past only to show you your true nature, the true nature of life, evolution, and mastery? All is not lost; in fact, quite the opposite is true. You are incredible for beginning this process. You are beginning to graduate into a new human, the human that is part of a much bigger reality than most people even consider. Welcome to the new emerging world.

In the end, only love matters. In the end, love is the true balm, the true healer, and the true creator. Those that would have you fail are seeking to prove that love is not the answer. But it is not about you at all. Why let them ruin your day? Instead, let the Record Keepers and Guides show you this amazing you, so that you can fall in love with life, experiences, and each other.

8

COMMUNING THROUGH COMMUNITY

Reading for Others, Expanded Awareness

By now you have developed a practice that yields satisfactory results for yourself. Are you ready to open the Akashic Records for others? Many of the questions you were asked to answer in the earlier chapters are to ensure you are doing your own personal self-improvement. The Record Keepers prepared these specific questions in this book because they want you to purposefully explore your biases. You may have discovered that your answers were a match for what other students received. Conversely, you may have discovered the opposite, and you are forced to face your biases, beliefs, and training. This is demanding, self-improvement spiritual growth but totally worth it and will prepare you to be the best guide you can be.

If you simply do not resonate with the other students' answers given in the answer keys of this book, you may be wondering why others received these answers. When you reach for the highest possible connection in the Akashic Records, it might not be a match for your belief system. Working with this lineage, you may encounter belief systems that challenge your own. This may result in your ego trying to provide the answers.

Consider the possibility that your beliefs are so strong that you have overwhelmed the kind, gentle, loving messages from your Record Keepers and have unwittingly eliminated vast amounts of wisdom and understanding. If this is you, I recommend you read and apply Brad Blanton's methods of Radical Honesty, a self-improvement program, which asserts that to lie is the

primary source of modern human stress, and that speaking directly, even about painful or taboo subjects, will make people happier by creating an intimacy not possible while hiding things.[1]

We all benefit from more honesty. The more honest you are with yourself and your intimate family and friends, the easier it is to receive accurate information from the Akashic Records. Caroline Myss says that liars do not heal. This is when you are willing to deny your own truth either to yourself or others and pretend you won't get good information from the Akashic Records.

Before you move into reading for others, keep in mind that many individuals have so much self-judgment that it can interfere. Here is an example of a student asking in the Akashic Records how she could get better information. Her Record Keepers gave her the following response:

> You would be more receptive if you would cleanse your palate of harsh thoughts, words that get in the way of hearing our truth. Your harsh words come between us by stopping the flow of words and communication from above and around the Akashic Records. Your thoughts block love that is streaming in, although the love is always around and is always there in the AR for the taking. Please clear your mind of the harsh thoughts that come in, as these thoughts could be judgments about yourself and others or they could be hangups from the past that get in the way of hearing about the truth of the now and the future.

What a powerful message! In the class, after sharing, she agreed this was so!

DIPLOMACY AND INTEGRITY WHEN READING FOR OTHERS

You must be a person who cares deeply about serving yourself, the other, and humanity. Perhaps you are going to enter into a relationship with a client or friend or a family member. This is a sacred trust and must be approached

with respect and confidentiality. Understand that you have a duty to yourself and your client (whether paid or not) to do your own self-exploration so that you can serve others well. Although this is an extension of your original practice, it should not be done lightly.

Remember Edgar Cayce and that his name for the Records is "Book of Life"? The Akashic Records is a living field of energy that contains all the information about a person—past, present, and possible futures. This is not for psychic reading but for information to assist human growth and development. Accessing the Records is one of the great cosmic dispensations of our age and was granted in order to promote soul evolution. The information that comes in is very powerful and needs to be handled with care. Both you and the person whose Records you are opening are vulnerable and must be cherished and sustained in a way that promotes trust.

Ethical Considerations

In the training I offer, each guide agrees to the Code of Ethics given in appendix A. The core tenets should be observed by anyone accessing the Records on behalf of another person:

I agree that the primary purpose of Akashic Records sessions is for *soul growth* for the client and for myself.

I agree to respect complete confidentiality of my clients' information.

I always ask permission to be in the Akashic Records. This is particularly important when I open my own Records as an act of humility. This allows me to always stay in integrity.

I agree to regularly open my own Records to help me solve issues and dilemmas that may come up in my own work.

I have completed my forty-five days (minimum) of Higher Self practice work. I further agree to continue to work with my Higher Self, in order to gain accuracy and receive support from my wisdom channels.

I agree to always use the Akashic Records guides protocol in the proper form. (I will say the prayer to open the Records once softly, and in my thought two more times with the client's legal name).

Reading for Family Members

This is tricky. It is very easy to inadvertently let your ego tell them what you think they should do. You might not even notice you are doing it! Your Record Keepers will certainly alert you unless you are not doing your own spiritual work as mentioned above.

I recommend that you practice on other people and postpone sessions for family members until you are certified, or until you are hearing feedback from your clients or friends that you are doing a phenomenal job. It is easy to move into ego when you know someone and you think you know what he or she needs to do. Your ego might be too quick to offer solutions for issues for family members, and you want to stay in integrity and only speak what is coming through you in the Akashic Records. This is why I never offered to read for family until I was well into my career. I do read for family members regularly now.

Opening Remarks

This lineage follows a protocol called "Opening Remarks." Opening Remarks are a direct download and come directly from the Akashic Record Keepers. After you center yourself, wait, and prepare to receive Opening Remarks from them. You will receive information about your client, very likely in code. This set of "announcements" from the Records comes in without any input from the clients, and before they begin to ask questions. The act of receiving Opening Remarks allows you to be the conduit for the Record Keepers of information that has been requested by the client when he or she made the decision to have a session. This serves to validate the accuracy of the information of the Record Keepers and Guides and of you as their messenger. This can be very important, because information in the Records is to be treated as wisdom for your client.

Usually the client resonates with the information. Opening remarks always allow you to match to your client. Your Opening Remarks may come in as images, words, or phrases. You may be poetic. You might not know you are being poetic in the moment, but in retrospect it will be very obvious to you that it was Record Keepers and Guides being poetic through you.

Often what comes through is information that might not make sense until the actual question and answer period that follows. Sometimes it is in

metaphor or simile. The Record Keepers will use your vocabulary, but not necessarily the way you use it. Your client's Akashic Record Keepers may say (through you) random or odd things that even you will not necessarily understand. That is OK.

Most often, Opening Remarks will be relatively succinct and short. On other rarer occasions, Opening Remarks will be lengthy. In either case, they very likely will set the tone for the rest of the reading and add a dimension of authenticity unavailable without them.

When you begin to speak what comes through from the Record Keepers, I recommend you say, "Your Record Keepers say . . . " and continue with the conversation. When the Record Keepers refer to you, they may call you by your first name rather than your typical way of referring to yourself as "me." Sometimes in Opening Remarks, the Record Keepers and Guides may ask the client a question. For example, one time for a client in New York they asked, "Are you thinking about moving from Manhattan?" He answered, "Yes." If he instead responded, "Well, I haven't made up my mind . . ." that could have become a conversation, which is something that should wait until the question and answer period.

Very often the client attracted to you is looking for some level of expertise you carry. Always let the Record Keepers lead, even if you intuitively know the answer to your client's problem. Your Record Keepers will alert you if you are answering from ego. This "fail-safe" is in place because you are doing your own spiritual work, such as opening the Akashic Records for yourself several times weekly, and you are following through with their guidance! Other spiritual practice includes a daily Higher Self practice and meditation, along with attending trainings and so on.

There are times when you will have a strong feeling that your 3D information will help them. Of course you may share what you know. But make sure you identify the "speaker." Do it like this: "This is Maureen speaking; one of my sons had asthma, and I found these things were helpful," then list them. Announce when the Record Keepers are speaking again.

PREPARING YOUR CLIENT

Help your clients have positive sessions with you by providing them with

guidance on how a reading will work and what to expect from you. Remind them to keep their arms and legs uncrossed.

Explain to them how you begin with Opening Remarks and that you will be bringing in information for them, from their Record Keepers and Guides, before they ask any questions. I recommend that you ask clients to listen to the Opening Remarks without interruption, as this information tends to come in as a stream of information, and interrupting this flow may prevent all the Opening Remarks from being released. You might suggest that they wait until you finish with Opening Remarks. They will hear the announcement from the Record Keepers and Guides, “We are ready for questions,” when you are done. The reason this is important is that once you begin the release of the Opening Remarks, it may be difficult to interrupt that flow and answer questions, and then return to where you left off. You can explain that they might ask a question, or the Record Keepers and Guides may ask a question, but the purpose is to not go deeply into conversation. If they do interrupt, you can respond, “We can go into this deeper after I finish Opening Remarks; will that be OK?”

You can also give specific information about how you work, and whether you receive information in “mostly pictures” or some other means.

You and your clients should limit the session to an hour or so. Make sure you know ahead of time how much time you will allow clients to work with you. After about fifty minutes I find that people tend to start to repeat themselves. I always set a timer when we start so the clients know when their time is up. This is an important decision point. When the alarm goes off, you decide how much longer you will spend with the client. If you feel he is wanting more of your time—but you clearly can see he is repeating his questions, or other issues, you can say, “Before we close, do you have any final question?” Occasionally, a client needs more time and will actually ask for a longer session to start with. That client knows his needs. Do not let a client go over time (time that he has signed up for) unless it is absolutely necessary.

How a Reading Works

Here is a sample instruction sheet that I share with my clients to prepare them for a reading.

1. We ask you *not* to cross your legs or your arms during the reading, as crossing closes off your field, disrupting access.
2. Maureen is an empath. This means she is able to feel what's going on with you. She may feel your physical, emotional, and spiritual pain. If she does, she will note it and whether it may be of service to you to discuss it. When she tunes to your energy, this is a natural occurrence.
3. Maureen is a transformer. She brings in energy for you from the eleventh dimension, where the Akashic Records reside. This means she is like an electrical transformer for your laptop computer. As a result of this energy from the eleventh dimension, you will naturally feel a greater sense of well-being at the end of your session.
4. In addition, if Maureen's body starts to heat up—evidence of her palms sweating and her telling you she is getting very warm (like that computer transformer)—this is a special boost of energy regarding the subject under discussion. Even if the communication is about something seemingly unimportant to you, please recognize it is very important.
5. The actual opening of your Akashic Records is done through a ceremony. Maureen does this quietly while you wait. She will ask you to verify your full legal name. She will then talk. It is meant to be spoken by Maureen but not heard by others. This takes about twenty seconds.
6. Many months have a Mercury Retrograde. Mercury Retrograde can cause confusion. We are asking for all the benefits of the Mercury Retrograde and an

antidote to any of the disadvantages.

7. When your Records are open, Maureen will announce, “Your Records are open” aloud to you. You may then turn on your recording device. She will wait while you do this. There is no need to turn it on before then. She is used to reminding you at this point to do this and will remember.
8. She will then announce the date, her name, and your name. Then there will be silence.
9. Maureen sits for a few moments while she tunes to your Record Keepers and Guides. She will receive a “download” of information for you about a number of things, which she calls “Opening Remarks.” This can last for 20 seconds or 20 minutes. Maureen never knows.
10. Very often the download does not make much sense until you start to ask your questions. Your Guides and Record Keepers may refer back to what they said in Opening Remarks.
11. Through Maureen, your Record Keepers and Guides may ask you a question during the Opening Remarks. You may answer that question. You may have a question about the question. That is all OK. However, it is helpful if you wait to begin a stream of conversation until the Opening Remarks are finished. For Maureen, it is like she is a waiter in a restaurant with a bunch of full dinner plates on her arm, and she wants to set them down before discussing what is on them. So if you are asked to wait with your questions, just write them down, and she will answer them after the Opening Remarks are finished.
12. When she is done with the Opening Remarks, she will announce, “We are ready for questions.”
13. You may then proceed to ask any question you like. It is preferable to use the full name of anyone you are asking about. If you do not have permission to know

this information, your Record Keepers will let you know.

A PROTOCOL FOR GUIDING OTHERS OR READING THE AKASHIC RECORDS FOR OTHERS

You must get permission from the individual before opening her Records. You will always use the full legal name of whomever you read for. As the guide, you will ask for the person's legal name, and write it in your journal, along with the date. The legal name is what is on the client's passport or government issued ID. If he or she has more than one name, you may use it. If he or she has the same name of a family member, include whatever differentiates him or her from the other family member. It is possible to inadvertently open the Records of a relative instead of your client due to an error of this type, so make sure! Perhaps someone's name is the name of his father, such as David Young. One of them is David Young Sr.; one of them is David Young Jr. Or perhaps the client's name is the same as her aunt, but your client has a different middle name.

Sacred Prayer

You will use a different prayer from the one used to open your own Records. Repeat the entire prayer three times: the first time as written aloud (but hushed as not to be heard by the client), the second and third times repeat it silently with the client's official name in place of the underlined words.

Sacred Akashic Records Prayer—to Open Another's Records

I call the Great Divine Director, Lord Sanat Kumara, and the Goddess of Liberty to oversee my work in the Akashic Records. I ask my Higher Self to assist me in being at my 5D awareness.

I ask God (or Source) if he will have his shield of love and truth around you permanently so that only God's love and truth exists between you and me.

I invite the Lords of the Akashic Records to allow masters, teachers, and loved ones of you to channel through me, out of the realms of 100% God Light to say whatever they wish.

I ask permission from the Lords of the Akashic Records so I am able to look into the Records of you and reveal whatever information I'm allowed.

Opening Remarks

After you say the prayer with the appropriate name, you will then quiet yourself and wait for your markers to validate the connection. This is an aural session; you will be speaking, not writing. Remember to keep your eyes open and be ready to receive random information for the client. Once Records are open, announce it like this: "Your Records are now open."

Place a seeing-crystal in your hand to assist you if you want, and begin the reading. There are numerous crystals that will amplify your connection to the Akashic Records; some are ideally suited for this purpose and any size will work. My first choice is a Faden clear quartz crystal because the points and the threads on the inside are at right angles (90 degree angles), which is an optimal angle for jumping dimensions. Another good choice is aquamarine, which is also a great "teachers" stone. (See chapter 4 for more about crystals that will assist you in accessing the Akashic Records.)

Keep connecting with the Record Keepers until you feel you have emptied the available information. You will literally be able to deliver multiple pieces of unrelated information until there is nothing else coming through. Then proceed with the questions of your client as you announce, "We are ready for questions."

Secret Mudra

You may use the *mudra-of-connection* during the opening prayer and during the session to activate hidden knowledge. You will be able to keep your hand in this position throughout the session since you will be speaking out loud and will not need to write out the messages.

Temple of the Sun

You can use a special prayer to amplify your work. Say it whenever you are feeling the need for this. Imagine an amazing place called Temple of the Sun. It is full of white light and filled with radiance that virtually defies description. Then see the Goddess of Liberty take her torch from that flame and physically anchor it into your heart. Now, stand up, get really centered in your heart, be aware of who you are in your heart, with your eyes open or closed. Now send that flame into the earth, and expand it outward in all directions, just like the Goddess of Liberty!

Special Prayer to Open Up Incredible Support

I call in the Temple of the Sun; I call in the flame of the Goddess of Liberty into my heart. Let it expand and fill my heart; let me now ground it into the earth by centering myself and sending this flame into the earth, expanding outward through me and radiating out to all.

Repeat the last phrase three times.

CLIENT CONCERNS

You have a responsibility to keep all information revealed in the Akashic Records sacred. Your clients can be reminded that you will respect their

privacy. You very likely will not easily recall the contents of a reading with a client. This is because you are the channel and not the object of the reading. Later, if you and your client chat over a cup of tea and discuss the content of the session, you might recall all of it or portions of it. All the information in this book comes from the mountains of notes I have from my client experiences, and the thousands of hours of recorded sessions with clients. I remember stories that are a match for the content I am teaching—and for the benefit of other students as well.

You should be prepared for the possibility that sometimes the information you convey might not be received well. What do I mean by that? Well, what if the client is worried about the rocky marriage that she has patched up with her husband? Then in the Records, her Record Keepers and Guides tell her that she and her spouse will not stay together. Yes, she wants information, but not *that* answer! Remember too that although the Record Keepers and Guides may give predictive information, this is *not* a psychic reading.

Serving Your Client

People are moving through their work and are actively changing the reality. You could give someone information in the Akashic Records that would allow her to behave in a different way than she might have without that information. Having information actually improves a person's real-time responses in situations. Think of the woman whose roommate did not work out. She could have been angry and mired in drama, but with the knowledge from the Record Keepers and Guides, she knew there was no need to experience this because she knew the roommate of her dreams was coming! This divine assistance makes it possible for people to hold their harmony, be patient and kind. It helps them to express the highest possible choice, by loosening the strings that lock their movement in a certain *usual* direction. That helps them to have more latitude to change direction, presumably toward a more evolved choice.

When a client asks for information about another person, you will follow the same protocols that you do for yourself. Always write the client's name, the date, and the name of the person being asked about. Once you've written the full name, take a moment, tune in to that named person, and then ask your client, "What is your question?" It is recommended that your client avoid questions strictly for the purpose of curiosity.

Client Needs

Gentleness is the primary feeling that comes from the Records. The Record Keepers will speak through you in a gentle manner and will ask the client to be gentle with his or her family if it is necessary for them. This is the overriding energy that comes through in every reading. The loving, nonjudgmental responses are patient, kind, and compassionate.

A person's Record Keepers will never criticize them. Occasionally a client will keep circling around a question, sometimes repeating the same question over and over because of his or her own guilt or regret. One message that I distinctly remember from the Record Keepers stressed that "guilt serves no purpose unless it takes you to action." The inner critic is usually the voice of a parent or caregiver that he or she had as a child.[*18] If this happens to you, you probably need to do clearing work before you go back into the Records.

One lady was told by her Record Keepers that a woman she had been avoiding was *not* her friend. She asked, "Well, I've been avoiding her phone calls. What else could I do?" They said, "Pray for her wellbeing anytime she calls and you ignore the call!" The client told me then, "What great advice, because I was feeling guilty for ignoring her!"

When your client asks you to tell her what something means, such as, for example, "What does a *well* mean?" you may say, "In my experience a *well* generally means unseen resources." You would not tell her that *is* the meaning. In all cases, you will encourage the client to find her own meanings. "What does a *well* mean to you?"

WAYS OF RECEIVING INFORMATION

Seeing Pictures

When channeling Akashic Records information, some people receive more pictures than words. If this turns out to be your mode of getting a client's information, do not try to force yourself to come up with words. Instead, describe what you are seeing. For example, "I see a woman happily dancing with her baby." Just as we do not force left-handed children into right-handedness, you can accept that your mode is pictures. It will still be highly accurate. In case you are thinking, "Still, I would like to be able to get

messages in words like everyone else," please know that the communication of the future is going to be in thought-pictures. We've already started this. Look at all the pictograms in public use worldwide today. The symbol for handicapped and many other travel signs are now universal. You are not behind the curve, you are ahead of it!

Body Signals Also Carry Messages

One body signal that practically everyone has experienced is goose bumps or gooseflesh when they hear something that their body recognizes as valid, and resonates with. Although science would tell you that it is a reflex or reaction to a strong emotion. Over the last thirty years, many of my students and I have experienced this phenomenon whenever some profound thing is spoken by someone else and my energy responds to it in agreement. To me it's like the ringing of a bell.

Or you may feel as if it is "windy" during a reading; this indicates that the "winds of change" are afoot, similar to how physical wind brings a change in weather. Storms are not to be feared, but planning is good.

Reading your own body signals that show up while in an Akashic Records session with a client can be quite profound. A lot depends on where you are in your own spiritual development. When you open to the Records, you can be an empath in the moment with body signals that will help you and your client to understand the message(s).

Coughing or Being All Choked Up

Can you imagine that you would be so choked up that you could not speak your truth? This is what happens to people when their voices literally freeze up and they are unable to speak! Imagine an impossible scenario, where you as a guide are "coughing" or are all choked up for the client. When you "need to clear your throat," it is because your client is resisting the idea or message, or has issues around being in their power or expressing themselves. Very often you will have to "name it" by stating, "I'm coughing for you—this is your resistance." As soon as you do, the coughing will stop and your throat will loosen enough for you to continue. This may happen when you are in the Akashic Records with a client, and the Record Keepers are about to reveal a truth: You may start coughing or speaking in a hoarse voice, as the phrase

“with a frog in my throat” implies. When it happens to me I announce that I am “channeling the discomfort” of the client, my voice immediately clears!

Energy in the Body

When you feel energy on the right side of the body, that signals the message is “male” or from their paternal ancestry. The left is female or maternal ancestry. As your practice increases, you will be able to use this information as a supplemental form of communication.

When your client’s head is tilted, she is inadvertently shutting down that lineage of male or female. Some do this as a way of active listening—but in a live or video-taped session with a client, noticing and then informing her that she is doing this will enable her to allow her full expression of her divine feminine or divine masculine.

Feeling energy in and around your head can be a client message. When you as the guide feel more energy in and around the head, the client is more in her mental body. This is helpful in interpreting the messages.

When you feel a tingle or energy in your hands or fingers, it is more of an indication the issue is based in the emotional body. Notice if it is generalized in both hands or if it is localized in one hand or the other: male or female agendas. Again, this is helpful as you and your client dig deeper.

When you feel more energy in your feet/toes you will find the issue has more to do with the physical body. Keep in mind that you could also be feeling the client’s physical pain in any of these areas. Be sure to announce any unexpected pain or sensations. Say, “I am feeling a sharp pain in my neck.”

This is because you may be becoming an empath to whatever is going on for him while in the Records. Sometimes you will have to ask the Record Keepers: “Is this a metaphor, or physical manifestation of the issue?” Energy moves from the outer bodies (mental and emotional) into the physical body. For example, a problem in the emotional body will spread to the physical body. A mental body issue might move through the emotional body to finally show up in the physical body.

Here are some other examples of body messages:

- When you feel energy in your knee: this can mean the message of the

client “being cut off at the knees,” being held back by limitation.

- A tingle in the nose: this indicates the client is up to mischief, pulling pranks, or silliness. (Think of the 1960s American syndicated TV show *Bewitched* where the “witch” twitches her nose.)
- Feeling a sensation in your heel: client may want to “heel” (stop or slow down what he is doing).
- Shin: being kicked in the shins (or given a “low blow”).
- Thigh: the client feels the need to run from a situation, fleeing.
- Buttocks: wait (you may want to sit it out).
- Elbow: hitting your funny bone, client has done something unintentionally, and it’s caused him some pain. Let him know the consequences will pass with time and all is well.
- Arm: client is “strong-arming” it and using bravado to appear better than someone else in a show of force.
- Shoulder: client has “shouldered” or “carried” blame or responsibility.
- Lower back: client has back pain or is “carrying” baggage, which is too much.
- Upper back/lower neck/shoulder blades: client has experienced emotional whiplash (a mercurial relationship or roller-coaster situation).
- Abdomen: client has experienced having “wind knocked out of” himself.
- Chest: heartache or heart problems, or lungs/breathing.
- Chin: client is putting on a brave face, “chin up,” pride.
- Cheeks: client has been cheeky or embarrassed.
- Jaw: client has been stubborn.
- Eyes: client isn’t looking at things clearly.
- Mouth: client is letting people walk all over him (not speaking up).
- Teeth: something is eating away at him; client may want to extract that item.
- Neck: client has been “a pain in the neck” (difficult or stubborn).

These suggestions are only a general guide. When receiving other body

signals not mentioned here, ask the Record Keepers and your Higher Self about their meanings. Each individual reading is unique.

REMOVING BLOCKS

Sometimes there are blocks that your client may have inadvertently put in place, and sometimes others have put blocks in place. A client may say, “I’m not getting what I want; you are not giving me the information that I’m asking for.” Sometimes the person has an agenda that has nothing to do with you! Your response should always be, “I understand what you are telling me. I understand you are asking me this . . .” Remind your client that Akashic Records reading is not a psychic reading. You may ask them, “Can you think of another way to ask your question?”

In one instance, the Record Keepers gave me a strange name for the location of my client’s origin. She asked again, if she wasn’t from Orion or Pleiades. “No,” the reply came. They provided a name that I could not clearly recognize except that it began with the letter A. Later the client admitted that all her friends were from these locations and she *knew* she wasn’t! Yet she was really pushing to see if I would tell her anything different. Another client wanted to know similar details of the Record Keepers and Guides and asked the very same question because he was on a mission to find out “who he had been.” Was it so that he could claim some special status?

Sometimes you may receive absolutely nothing. You can (in your thoughts) ask the Record Keepers and Guides and your Higher Self, “Is this issue about me (as a guide) or is this about my client and what I am receiving from them?” The Record Keepers will tell you if clearing work is appropriate. Or you can use the “Prayer to Clear Blockages” given in chapter 4, if that is the recommended solution.

Very recently a client heard me on the radio and scheduled a private session with me. I prefer to know little or nothing about a new client, as it actually makes it easier for me to tune to their energy and get my personality out of the way. I did not know where he had come from, how he heard of me, or why he was having a session. When I opened his Records . . . there was nothing there! I explained this never happened to me in Opening Remarks, yet I had a way to clear blockages. I used the “Prayer to Clear Blockages,”

tuned to his Akashic Records: again there was still nothing. “Hmm,” I thought, “let me try again.” The second time, after repeating the prayer, when I tuned to his Records, there was still nothing. “Oh dear,” I thought, “I’m going to offer him a refund if I cannot get anything in his Records.” I decided to do this one more time, and finally the energy opened up. Keep in mind I had done the prayer nine times at this point (three repetitions each time). After providing quite a bit of information for Opening Remarks, the Record Keepers explained why I had not been able to get anything! Because he had heard me on the radio and was substantially impressed, he then doubted, thinking no one could be that good. He wanted to believe it was possible, which is why he decided to have a session. He readily admitted this when the Record Keepers offered this explanation.

Emotions and Essential Oils

Painful unresolved emotions create fractures and create walls to protect the heart or emotional body. Emotions desire to complete their cycle of expression and release. They are energy-filled with purpose. Emotions need to be expressed enough to release the pressure and stronghold contained in frozen emotions. Your client may be experiencing an intense emotion such as:

- Emotion of shame is the false belief that you could have done better.
- Emotion of irritation represents the false belief that others can know or do what you know or do.
- Guilt is the sensation that you could have or should have done better.

You may want to use the AroMandalas. While it’s nice to use pure essence, these AroMandala blends were channeled by Mary Magdalene to help clear emotional wounds faster. Lavender is a well-known oil and will help people relax and calm down. One client was so nervous that the Record Keepers had her use three different oils in three different sessions. Other clients don’t get asked to use oils at all. Sometimes a client might randomly pick an oil that turns out to be just the one they need to clear their most significant emotions. Remember, this is only a general guide. When receiving other body signals not mentioned here, ask the Record Keepers and Higher Self about their meanings. Each individual reading is unique.

TABLE 8.1. DIGIT INDICATIONS

Digit	Energy	Wound	Shorthand	AroMandala Healing Oil	
Thumb / Big Toe	Security	Insecurity	Thumb-sucking	Crystal Elohim	Belonging
Index Finger / 2nd Toe	Self-Worth	Guilt and Shame	Finger Pointing	OCTA	Self-Worth, Acceptance
Middle Finger / 3rd Toe	Passion	Outward Anger	FU, Life is Hard	MerKaBa Mystique	Repressed Anger
Ring Finger / 4th Toe	Love	Grief and Loss	Ring (partnership)	Pyramid Echoes	Nonjudgment
Pinky / Little Toe	Peace	Anxiousness	Details of Life / Fussyness	Angel Guidance / Fountain of Youth	Empowerment / Letting Go

There are also other reasons you might not get good information for a client, or get clarity that you are seeking. You may have lost soul parts that need to be reclaimed and returned to you. People often break off parts of themselves during a traumatic event in order to feel "normal." They can be fragmented from situations and occurrences of past-life dramas. Soul retrieval work can help you bring back your damaged and lost parts, gently and easily. You can use "Unify, A Soul Retrieval Meditation," created for a person to perform soul retrieval for themselves by themselves **(**available as an MP3 package with detailed instructions on my website), along with the AroMandalas, Unity.

MORE ABOUT OPENING REMARKS

The Ascended Masters who sponsor this lineage created Opening Remarks. No other system of serving your client in the Akashic Records trains you to do this. They insisted that we wait for the "retrieved" information that was already prepared for the client. Opening Remarks are *not* the agenda of the Record Keepers and Guides but simply the release of information that the client is seeking, as she thinks about what she will be asking during her session. It is important to understand that the messages for the client are

coming at the request of the client. Even though the client has not yet asked any questions out loud, she has solidified her intention and the Record Keepers are obliging.

The Opening Remarks validate you as a channel of the Record Keepers and Guides. When you begin a reading and take this download from the Lords of Akasha, you have made a *clear frequency connection* to them and their Guides. You cannot be making anything up—since you do not know anything about the client. (Obviously, this is not true when you read for friends.)

Opening Remarks might not make sense to you. For example, a client I read for was told in Opening Remarks that she was to "be a flower in a field of fields." I was seeking more clarity because I was worried that this instructional metaphor was too vague. The Record Keepers obliged and said, "In other words, if you were a shop on Fifth Avenue (New York) you would be an art gallery." Later in the session when she asked about her mission, the Record Keepers said she was to use her talents and training. When I inquired what her training was, she said she went to art school and was a sculptor. I could not make this up!

During Opening Remarks with another client, the Record Keepers and Guides announced, "You are at the edge of the precipice, and you are about to jump off. You do not know where you are going, or where you will land, but you are definitely jumping." The client revealed at the end of the reading that it was all true, but that it was only going to be a couple of months. The Record Keepers and Guides through me laughed out loud and said, "We do not think so; you are going to be in this for about two years." It has been eighteen months since that reading, and that is exactly what has happened. This client is working on a big project where she has had to engage in several small battles with someone. She honestly thought she would be able to get in and get out—and it is dragging on and on. When things got really bad, she told me she would listen to that recording every day and that it would help her by reminding her that she was going to be fine. Even though she had not yet asked the question, the Record Keepers gave her the necessary information. This knowledge was her primary reason for seeking a reading. The Record Keepers and Guides gave her information on the most important concern she had.

OPENING THE RECORDS FOR OTHER GUIDES AND IN OTHER SETTINGS

I highly recommend you trade sessions with other trained Akashic Records guides. You can benefit from reading for each other. There is joy, camaraderie, and education that comes from this. You will gain from each other's wisdom. You can coach one another. There is no competition. All have access, all are treated equally, and all are loved continuously. As you get to know one another, you will want to refer clients to each other. This is because you may not be the best match for the client. Rather than lose a client completely, giving a referral confirms how egalitarian you can be! It helps demonstrate the community servants we all are. Sometimes you may be the conduit to get the client to a specific person.

Sometimes you may want to open the Records when you are doing a trade show or fair. I use the usual process to open the Records, with a few additional steps. I start with this prayer:

> *I ask for permission to open the Akashic Records of each person I will be working with during this (fill in the blank event).*

I then proceed to the Sacred Akashic Records Prayer—to Open Another's Records as usual. During the "insert the name" of the client part I use a phrase such as, "Each individual who will be connecting with me this day, for Akashic Records information." Then when the person is in front of me, I write the client's name in the journal, focus on him or her, and begin.

9

ETHEREAL CONGRUENCE

Becoming One with the Cosmos and Messages from the Lords of Time

You have arrived at this point. You are to be congratulated by the Akashic Records Guides for your perseverance. Your desire to know and serve will take you deeper and deeper into the Akashic Records and make your access easier and easier. However, it does not mean you will always be able to have access to everything that can be known! Sometimes you may ask about something of interest to you despite having no permission to do so! This type of limitation typically falls into the category of someone else's affairs.

While you might *not* be permitted to get information about your relatives or neighbors (unless they live with you), you might be permitted to get information about the president of your country, as your questions pertain to all the citizens (assuming you are one of them). At other times, some information is simply not available to you personally because you are not permitted to know these things. And sometimes information is not available because all the persons involved have not yet made their decisions!

BELIEFS

Be prepared to have all of your belief systems challenged. As mentioned before, when Edgar Cayce began the work he is most famous for, he was a traditional, devout Christian and did not believe in reincarnation. Later, as more and more channeled messages came through him, especially the

information that clearly indicated that reincarnation was a reality by telling him about his *own* past lives, his beliefs shifted.

In another example, one Akashic Records guide had an issue around her own value and being validated. Her client had a history of behavior related to his not having power over women, because his wife and adult daughters disapproved and made fun of his soul-satisfying beliefs around spiritual subjects. Naturally they attracted each other! He loved his session with her. However, her recording device failed her, and he asked for a refund!

I suggested that the guide do some Emotional Freedom and Healing work on her own money issues before we actually processed the refund. Emotional Freedom and Healing (EF & H) is a modern form of an ancient healing tool known as meridian tapping. Its origins lie in ancient Chinese medicine with the development of acupuncture, a healing technique that uses needles in the "energy meridians" or energy pathways, a term used by practitioners of this method down through the ages. EF & H is a very gentle and effective process to release deeply held beliefs and emotions from your body. It involves a combination of methods to release fears and limiting beliefs. Once the limiting belief or emotion surfaces and you release it, it is gone forever. If the patterns are deeply embedded, you may have multiple layers that need to be released. You can repeat a session as many times as is comfortable for you and as needed to completely release these emotions.

During the session that I conducted with the guide, her client sent an email saying he did not actually need the full refund that he originally requested, just a refund for the cost of the recording. *Her* energy work changed the reality and was confirmed as he sent his email the exact moment she concluded her own money issues transformation. Never underestimate the work you are doing to heal and improve yourself. You never know where it will pay dividends. And the results can be instantaneous.

I am continually amazed at the information that we can access *when* we allow it. When I opened my own Records to see what they would want in this final chapter—they directed me to my work with the Lords of Time. They introduce themselves as higher dimensional beings that orchestrate and regulate the experience of time, and they are helping humans open up to simultaneous time. Originally humans were multidimensional and could travel through time and space. Artificial linear time was created to prevent simultaneous time. As explained in *Waking Up in 5D,* humans have now

begun to access their awareness of multiple time lines and parallel time lines. This information came through while I was teaching a class on sacred geometry and manifestation for my book *Be a Genie*. Even I was surprised at what they had to say.

MESSAGE FROM RECORD KEEPERS AND GUIDES

CHANNELED THROUGH MAUREEN

What is the time matrix?

The time matrix is a web that contains node points and also connects those intersecting node points with opportunities and portals. The time matrix is woven into your DNA; therefore unhooking is a way of being rather than a choice of being. This means you choose to step out of the patterns that reinforce the time that is being conscripted onto you and unhook from your need to always know the time, to know how much time you have, and so on (your way of being). Instead, you allow timelessness to move through you, so you can feel opportunities and instructions coming from your inner wisdom that you otherwise would not hear, feel, or see. This valuable wisdom would be ignored if you already "know the time" as your mind would dismiss or filter it.

The difference between a way of being and a choice of being is this: a way of being—stepping out of time—is to stop using clocks; abandon your alarm clock, your watch, and the clock on the wall for a more graceful experience of the reality without the identifier of time. A choice of being is a less universal commitment to this transformation about time. It is you deciding to not wear a watch today, but other days you do. It is you deciding to not use an alarm some days but not every day. You can shift into this gradually.

What is the energy matrix?

Energy matrix is the field that allows the flow of chi (energy) to be captured and directed. There are many ways humans use

the energy matrix. When they conduct themselves in integrity they are powerfully aligned with the energy matrix. When they take good care of their bodies and follow the circadian rhythms they need to follow, they create a connection with the energy matrix. Time is not the culprit! Stop labeling historical experiences as the reason. For example, "I didn't take my pills this morning; therefore I am unwell," or "My feet always swell when I fly for long flights." It is also possible to direct the energy matrix or to direct energy through the matrix with purposeful training of energy.

WORKING WITH THE LORDS OF TIME

You can also work with the Lords of Time. Please open your Akashic Records with the questions below before reading the next material channeled by the Lords of Time.

EXERCISE 9.1

LORDS OF TIME QUESTIONS

Record Keepers and Guides, what is the meaning of time?

Record Keepers and Guides, what is the meaning of life?

Record Keepers and Guides, how can I manifest the life of my dreams?

Take time to explore these messages from your own Guides, before you review the discussions below. Let your own information be *your* guiding light. Allow the answers from the Akashic Guides of others to be information that you can add to your knowledge base.

MESSAGE FROM THE LORDS OF TIME

CHANNELED THROUGH MAUREEN

Take Time

We are the Lords of Time from beyond the Akashic Records. You are just beginning to comprehend that you can manipulate time. And the first step is to notice and allow. This channel has the ability to do this. She can clearly see that time is a construct; time is not movement. Time is an allusion, not an illusion. (Maureen notes: I believe they mean it is a reference point, not an unmovable matrix.)

It is a means to separate the flow of the Eternal Now. This construct was created in order to allow individuation. As humans became more developed, they tried to understand time as if it were mechanized, mechanical, like a machine.

And we say to you the simple altering of your concept to allow it to be true—that more than one version of the reality can exist—unlocks you from this stranglehold. You seek to do more. This step of allowing two versions is just the beginning. We ask you to notice your thoughts, notice yourself—this allows you to separate from your thought and enables you to change your thought. The more you notice, the more powerful you become. As you get to be aware that you are far more powerful than you realized, we will continue to give you tools for your mind through this channel. We will also give you an attunement that will help with this process. Always use your divine connection before you manipulate time and space. In this way, you will always be part of the Divine Creation. That is all.

Attunement Meditation

We want you to imagine raindrops flowing upward on your body. Let them float away. A strange visual for sure. Allow yourself to see raindrops move "in reverse." Let these raindrops remove any constraints from your achieving your heart's desires, from your achieving your divine plan. Notice that you feel lighter. We will be back.

CHANGING YOUR HISTORY

Earlier I alluded to the possibility that you could change the behaviors you exhibit in your reality by changing your history in the Records. Going into an Akashic Records session with a client or yourself, you can change history by asking for this, by understanding the use of time, and the matrix. This is absolutely amazing. And there is so much more. You can begin to understand from the Record Keepers and God the nature of time.

You can examine time from the vantage point of the past, meaning that from this moment on you can look backward in time and trace a straight line from your now to that past moment. The future does not exist from the vantage point of "now" but can be considered as one of multiple possibilities that we may experience or may be likely to experience.

Multidimensional Experiences

I was in a session with the Akashic Records for a client. My Chinese translator was working with me in Taiwan. In order to improve her translation of the Record Keepers' information, I always build an energetic bridge with my translator for these sessions, allowing her to connect with me at the Higher Self level simultaneously as I receive information from the Record Keepers. It is very effective, and the translator can feel my energy in real time. During this session, there was a turning point that the client's Record Keepers identified to the client. She was stuck in a belief system that limited her and was actually making her emotionally miserable.

The Record Keepers told her, through me, that she did not need to accept that version of the reality as she had defined it, and in fact, they showed her the version of the reality that was much more pleasing to her and would release her from that limiting belief. She had that "aha" moment, allowing and considering it, and then letting go of the old view and instantly owning the new version.

At that moment I actually saw and felt the room move! It literally swayed and shifted, like a wave had moved through it. At the time, I presumed it was an earthquake! After all, we were in Taiwan, and on the sixteenth floor! I looked at my translator, and she nodded. She had observed it also.

Later, when we checked online to learn the degree of severity, we

discovered there was no earthquake. Much later, while in the Akashic Records for myself, I asked what we had observed. My Record Keepers responded, “You witnessed a dimensional shift for yourself and the client, when she moved from one time line to another.” I asked whether it was her dimensional upgrade or mine, and the answer was: “She is the one that needed the shift, and you held space for her. It was visible to you (and your translator) because of your energy and abilities to hold and carry multiple dimensional frequencies. By witnessing and now asking about it, you expanded your own expression.”

In yet another example, I believe this is what happened at Mt. Shasta one day in August 2016 with Corey Goode, well-known Secret Space Program (SSP) insider and popular Gaia Television personality, at his first solo presentation.[1] He was explaining his origins, and I saw him pull back his energy ever so slightly, and then he relaxed and announced he was from the Blue Sphere Alliance! I believe he literally felt guided to reveal this, as he connected in some way to his “swirl mate, Karee”[*19] and by announcing it, *owned* it. This is when the energetic tsunami occurred. I believe, at that moment, going public with that information changed the reality sufficiently for him to move into a higher expression of himself, dimensionally.

A WORD ABOUT 5D

Worldwide interest in the Akashic Records has skyrocketed. The Akashic Records were made available to all of humanity as part of the dispensation of the ages. Humanity’s inhumanity to man is being quickly resolved. Your part may include learning to open the Akashic Records for yourself and others. More information and guidance can be found at www.AkashicRecordsGuides.org.

EPILOGUE

AN EXCEPTION TO THE RULE

It is a rare possibility to have a missing piece from the Akashic Records hidden away. This can only be done by mutual consent by very evolved, powerful beings for the purpose of creating mystery or spreading an untruth.

First, we start with an explanation of the Templars. The Knights Templars were a private brotherhood that received the blessing from the pope after forming an organization that would guard the roadways to the Holy Land from France and Spain and all parts of Europe. They also protected the pilgrims from being mugged on this trail to the Holy Land that had opened up after the crusades. They became service providers and bankers, and they grew very wealthy in the process. If there are many travelers, and you can provide a service to these travelers (just like today), you can see how they could become very wealthy. This eventually posed a threat to the king of France, as they had been the central moneylenders of all of Europe's royalty, including the French king—but that is another story.

In addition to protecting the trail to the Holy Land, the Templars protected the Grail family and the Grail secrets. The Grail family is the direct seed or lineage of Mary Magdalene and Jesus, known as the Merovingians.

The Templars took vows, but not the same ones that priests took. They were warriors and protectors first. One of the vows they took was to refrain from marriage. It did not mean they didn't have sex or beloveds. It meant

they did not marry them. Unbeknownst to most people, the Templars did have women in their lives. The women lived communally, and the women were considered “friends” of the Templars.

The Templars also had a secret mission to discover the hidden treasure of King Solomon, believed to be buried within the Temple of Solomon. A good amount of knowledge may be found in the book *The Hiram Key: Pharaohs, Freemasons and the Discovery of the Secret Scrolls of Jesus* by Christopher Knight and Robert Lomas.[1] These two advertising executives and Masons decided to find the origins of Hiram Abiff, to essentially fill in the mystery behind the story of their Masonic initiations.

Hiram Abif is the central character of the book *The Hiram Key* and the object of attacks of the secrets of the temples. Historically, he is accosted by one of his own students in the form of a betrayal. In the reenactment of the Masonic ceremony, the Masons teach about loyalty, honesty, integrity, and keeping secrets. The very first initiation in the Masonic lodge is the aspirant is to act as if he is Hiram Abif and go through his tribulations. There are mock attacks and resisting torture so as to not give up the secrets.

MARY MAGDALENE MYSTERY

One of the women that I personally worked with eventually wrote a book about Mary Magdalene. As a child, when she heard the Sunday school version of the story of Jesus and his preaching, she raised her hand and announced to the teacher. “Why are you telling us this? Jesus and Mary were married, and they had a child!” She then fainted. When she was aroused the Sunday school teacher made the five-yearold stand in the corner. When she got home that day, she told her mother she would not be going to Sunday school any more. When her mother asked why, she announced, “Because they are telling us fairy tales, and they are not standing up for the truth.” From that point forward, she attended church with her parents, avoiding Sunday school completely.

At some point her own father raised some issues about what he felt in his heart with the minister, who could not give him answers. He and his wife became the first practitioners of Transcendental Meditation, or TM, in Canada. They are remarkable individuals, who are still alive and in their

eighties as of this writing.

PERPETUATING A MYSTERY

A void record was put into the Akashic Records for the purpose of obscuring the truth about the history of Mary Magdalene and Jesus. The way those records are obscured is through emotion. When there is high, high emotion, you can have rips in the Akashic Records. These are real tears, like ripping a piece of cloth. This is called a rift or tear in the fabric of reality. These tears leave a hole, creating an opportunity for information that didn't fit. You can read more about emotion and tears in my blog about loosh.[2]

Why would both sides want to perpetuate a lie? The heir was female and needed to be protected. The Church was fighting traditions that dictate rulership by bloodline. If it could be proven that Jesus had an heir, that would make her head of his church. Peter, one of the twelve apostles, felt very strongly that a man should be the head of the church. He went west to Rome and founded what we now know as the Catholic Church. Both sides were a party to the removal of the record. The Templars themselves as well as the now Roman Catholic Church had reasons to obscure the truth about Jesus and Mary Magdalene. Constantine made a pact with the pope, beginning the Romanization of the Christian church, and there were additional incentives to keep the secrets about Mary Magdalene hidden.

Margaret Starbird, an author of many books about Mary Magdalene and the Church's history, tells the story of how she was at dinner with her husband and two other couples who were guests of the United States from France.[3] Everyone spoke English except for one wife of one of the Frenchman. She spoke German and French. Margaret, an American, was a fluent German speaker and was seated next to her.

The two women spoke German all evening. Margaret discovered the woman lived in the Languedoc region, southern France. Margaret had been on a journey of discovering the truth about Mary Magdalene having been exposed to the book *Holy Blood, Holy Grail*, by Michael Baigent, Richard Leigh, and Henry Lincoln.[4] As a devout Catholic she was outraged at the assumption (in the book) that Mary Magdalene and Jesus were married. She asked the Frenchwoman if there was any truth to this story about Mary

Magdalene. The Frenchwoman's response flabbergasted her: "Of course, *everyone* in the South of France knows that Jesus and Mary were married." This was common knowledge. It had never dawned on Margaret that it could be full knowledge among the common people, even though the Church denied it.

Languedoc is where the original Church of Mary started, and this is the obvious answer to why everyone in that area knew about Mary Magdalene and Jesus. The Church of Mary (Magdalene) and the belief system of the Cathars (an early Christian group located in southern Europe) are so closely intertwined and so similar that it is impossible to consider they were not one and the same. The teachings of the Cathars matched the early Christian teachings and were proven by the discovery of the Gospel of Mary and the other texts found in the Dead Sea Scrolls. Quite simply, the early Christians believed what the Cathars believed, because they were the early Christians of France!

The martyring of the Cathars is an important part of the emotional trauma that tore the emotional fabric of the reality, and thus the Akashic Records. This emotional trauma was due to the fact that their family and followers descended from the Cathars from the Church of Mary, which was started in France, reportedly by Mary Magdalene and Jesus and perpetuated by their family and followers.

In one instance of the expunging of the Cathars in favor of Roman Catholicism, there were twenty thousand people who were in a fortress when the entire fort was set on fire and everyone perished. Now you may be able to see how the record could tear and create a void where there should not be one. What could be inserted at that time? One girl got out and carried the truth with her. I now believe this one also carried the "crystal shard" we will discuss momentarily.

What happened in that time is the reason the truth about Christ and Mary Magdalene was obscured. The true story was not able to emerge. Both sides were desirous to hide the truth. Many followers went underground and the Church emerged victorious, wanting to control the masses.

A class that I taught was attended by another woman, who is a direct seed of Mary Magdalene and Jesus and was given the chance to heal this "tear" in the reality. I was not privy to her lineage until after the events unfolded.

Eliona had also had a past life memory that she was the daughter of the union of Jesus and Mary Magdalene. She was initially contacted by a mysterious group in the dreamtime. After connecting in the dreamtime, she randomly met the head of the Church of Mary and went to hear him speak at a public event. Friends introduced her, and she could feel the energetic pull to him, not knowing who he was or that he was part of an inner group within a cover organization. Their meeting and union from a spiritual perspective were not by chance. As she researched her own genealogy she found that she was indeed part of this sacred family. Their mission together was to bear a child and to open the secret organization, the secret church, to the public.

She was secretly married to him. He too was a direct descendent from this lineage and was also known as the Patriarch of the Church of Mary, a very hidden secret society and position. This Church of Mary is so hidden that its existence is behind an umbrella organization. This man, whom I will call William, and the woman, Eliona, were to consummate their union to heal this rift. She agreed to certain things asked of her but would not do certain other things he demanded. Something happened that so completely disillusioned her that she abandoned the marriage and mission. After she walked away she was very distraught. She felt she had failed her mission to heal this rift in the fabric of reality and to reveal the true story of Mary Magdalene and Jesus. This resulted in her becoming aware of a shard (of glass) in her heart.

Eliona attended a series of classes with me based on my work. She had only signed up for two of the three classes offered, driving home the three hours away. The following morning, she was awakened at 4 a.m. and instructed to return and attend the next class. Her guides informed her that she would finally be able to remove the painful shard she had held in her heart. Eliona had had this shard in her heart (energetically) for a very long time and had tried to remove it, unsuccessfully.

She knew she would die if she removed it. It hurt almost constantly. Yet this time her angels informed her that this was the time and the place and that I would be able to help her achieve this and not die! In every other attempt she made to remove it, she was told it was a matter of life and death.

Until this moment in my workshop, I had the group functioning in teams, and suddenly I’m called in. “Get Maureen,” came the urgent instruction. Eliona was told I would be able to help her remove this shard. I’m in awe, as

I wasn't told anything by Spirit at this point, but as soon as I'm standing near her, the instructions were clear and precise. I remove the shard, and at this point, all she wants to do is push it away.

As a woman who has had babies, I know what it's like to give birth painfully. Pushing a baby down that birth canal makes you want to abandon it, but as soon as they put that baby on your belly and it starts to suckle, everything changes.

I understood that she didn't want anything to do with it; yet I'm getting crystal clear instructions: "It needs to go somewhere." I knew it was not a glass "shard." I could see clearly that it was a crystal.

"Can you see what it is?"

"I see it's a crystal."

"Can you see where it needs to go?" I always require the client to direct the action, so I began to question her. As a facilitator, I want to validate her, not "tell" her, so, I said: "Look at it again. It needs to go somewhere, and it is holding a 'record' of something . . ." hoping that she would announce it rather than my telling her what I see or what to do. She announced, "It needs to go into the grid."

"Can you put it there?"

"Yes." Upon hearing herself say this, she allowed it to move into a grid. It was not the Christ Consciousness Grid but another grid, directly below the CCG, which I call the Mary Magdalene Grid, and others may call it the Grail Grid. It is the true story of the life of Christ, and it was hidden beneath the CCG!

This initial step of placing that "key" or crystal shard, which had a very precise numeric code, was like dropping the last piece into a jigsaw puzzle and having it fit perfectly. This resulted in the entire grid lighting up (like a Christmas tree) from that position in all directions, moving outward from that point all around the grid like an electrical charge activating the entire grid. The record it was holding was the hidden history of the life of Jesus and Mary Magdalene. This grid then merged with the Christ Consciousness Grid. In my retelling this story, a number of my students could see what I could see, the Grail Grid merging with the Christ Consciousness Grid.

Until that moment, she didn't know there could be an "alternate plan" to her mission. At this opportunity she also was given the option to "stay or

leave" (as in die in this moment) since she recognized that she had completed her mission. She describes it as "having communion with Father-Mother God and deciding whether to stay in embodiment or leave this plane of existence." She was reminded of her ability to return as wife and mother.

As the placeholder for her in this powerful work, I knew that it would be fine, and that she would decide to come back. However, there were other friends of hers present who didn't know she would be coming back and were quite concerned. It was one of those death points or opportunities to leave the body that humans periodically encounter. She passed on it, and she is still living with us today.

This part of the mission was completed in September. Later that year—during a Mary Magdalene Sacred Journey—Eliona, my group, and I held ceremony in the "Cave of Bethany," a sacred cave in the Pyrenees Mountains of France, where Mary and the followers in the Church of Mary did many ceremonies. This ceremony and activations are described in the book *Waking Up in 5D*, where she as bloodline used the authority in her to convert the mission of men from Guardians of the Grail to Champions of the Grail, and the Friends of the Grail (for the women) to Companions of the Grail. (The Old English word for wife is "companion, beloved.")

The Guardians were men who had served the Grail. In this ceremony they were released from the responsibility of protecting the Grail (or the family bloodline) of Jesus. As Champions they had completed their mission through all eternity. Remember, the Templars knew much of the secrets of the occult laws and practiced them. Their vows to be guardians were for all eternity, not for just one lifetime, and this ceremony completely released them! This changed the energy on each one of us, all of humanity, with men now not needing to be driven to "follow" and serve (a master or leader) or "a mission." This now allows for personal fulfillment in its place.

The women graduated from Friends of the Grail to Companions of the Grail. They were "friends" because they couldn't be wives due to the need for secrecy. Remember the men held such high secrets that if a man's family was captured and tortured, he would be much more likely to give up information to protect them. This graduation is the woman stepping into her power as the true equal spiritually and mentally to her male counterparts. She is the true and equal wife and beloved. Now the last part of the Grail Grid was in place accurately reflecting the true life of the Grail family. Now the Grail Grid

could merge fully with the Christ Consciousness Grid.

Returning to our story of Eliona, I meditated about all this, thinking that the Akashic Records had somehow held a lie! I could not comprehend how this could be! It was not a lie but a vacancy of information, as if the “true history was removed” and a vacancy created, where anything could reside there, but nothing but the truth could ever be a perfect fit. This perfect fit occurred when the crystal-record in Eliona’s heart was placed in the grid.

The new record was now in place. In the years following, Dan Brown’s book *The Da Vinci Code* became a best seller, with over 80 million copies sold.[5] The Catholic Church and others denounced the story lines. Certainly his book is fiction, but the very possibility of Jesus and Mary Magdalene being together was at best proven in some of the earlier Christian writings and the Cathars’ own history and, in my experience, by the Akashic Records.

APPENDIX A

CODE OF ETHICS

I agree to abide by the following principles:

I agree to not solicit clients for readings. I may promote my work and advertise, but I will not suggest directly to potential clients that they have a reading with me. It is acceptable to let potential clients know of my involvement in this work, and my training and availability.

I agree that the primary purpose of Akashic Records sessions is for *soul growth* for the client and for myself.

I agree to respect complete confidentiality of my clients' information.

I always ask permission to be in the Akashic Records. This is particularly important when I open my own Records as an act of humility. This allows me to always stay in integrity.

I agree to regularly open my own Records to help me solve issues and dilemmas that may come up in my own work.

I have completed my forty-five days (minimum) of Higher Self practice work. I further agree to continue to work with my Higher Self, in order to gain accuracy and receive support from my wisdom channels.

I agree to always use the Akashic Records guide's protocol in the proper form. (I will say the prayer to open the Records once softly, and in my thought two more times with the client's legal name.)

I agree to actively promote the work of the Akashic Records Guides International, the Akashic Records Guides Training, along with the work of the other certified guides.

I agree to make good efforts to resolve any disputes in a heart-centered,

mutually beneficial solution.

APPENDIX B

AKASHIC RECORDS GUIDES' GUIDING PRAYER

Guiding Statement:

I am and will always be a treasured Being of the Light. I am part of a greater whole, in service to humanity. In this work that I have been called to do in this lifetime, I choose to uphold the purity and purpose of my soul. In doing so, the peace and inner harmony of who I am shines through, and I practice my calling with acuity, responsibility, and integrity. As I trust in who I am, I trust in all that is.

My offerings as a Guide expand outward, and my loving light is poured on the ARI organization, just as the loving light of all of us collectively is poured on me and expands my being. With this connection that is beyond any individual, we, the Guides of ARI, form a constellation of loving light to bring the highest and best good to our clients, our organization, our precious and beautiful world. That is our legacy; that is who we are, that is I AM.

APPENDIX C

AKASHIC RECORDS PROTOCOL LEVEL 1

The following books by Maureen St. Germain will be helpful as you practice the protocol for opening the Akashic Records.

Opening the Akashic Records (published in Chinese as *Akashic Records*)

Beyond the Flower of Life (chapters 2 and 3, Heart opening work; chapters 4 and 5, Higher Self Connection)

Reweaving the Fabric of Your Reality

AKASHIC RECORDS PROTOCOL LEVEL 1

Open your Records at least three times a week for practice.

Remember to keep your arms and legs uncrossed. I request that you not sit in lotus either. It makes a substantial difference when you keep your body uncrossed.

You may wish to use a favorite crystal. I recommend clear quartz and highly recommend Faden.

Open with any opening prayer that you are comfortable with. Many people

use the opening prayer from *Reweaving the Fabric of Your Reality*. Or, use the simple opening prayer that follows.

> *Dear God, I ask that this day be blessed. I offer myself in gratitude and service of the Light. I ask for my angels, guides, and spiritual teachers who are of 100% God Light to assist me in any way possible, in every way possible.*

Then use the Sacred Prayer to open the Akashic Records.

Use the Sacred Prayer below for yourself. When you are ready to read for another person, use the Sacred Prayer to Open Another's Records. In either case, use the Sacred Prayer in the following manner:

- Look for your markers.
- Always read the prayer. Do not memorize it.
- Always keep your eyes open the entire session time as it helps you stay focused and alert.
- Remember to keep your arms and legs uncrossed.
- Repeat the prayer three times.
- First time read through it as written out loud.
- Second and third times read it silently substituting your name for the underlined "me" or the name of the other person for "you." The prayer changes out the first "me" or "you" in each paragraph, not all of them!

Sacred Prayer to Open the Akashic Records

> *I call in the Great Divine Director, Lord Sanat Kumara, and the Goddess of Liberty to oversee my work in the Akashic Records. I ask my Higher Self to assist me in being at my 5D awareness.*

> *I ask God (Source) if He will have His Shield of Love and Truth around me permanently so that only God's Love and Truth*

exists between you and me.

I invite the Lords of the Akashic Records to allow masters, teachers, and loved ones of me to channel through me, out of the realms of 100% God Light to say whatever they wish.

Sacred Prayer—to Open Another's Records

I call the Great Divine Director, Lord Sanat Kumara, and the Goddess of Liberty to oversee my work in the Akashic Records. I ask my Higher Self to assist me in being at my 5D awareness.

I ask God (or Source) if he will have his shield of love and truth around you permanently so that only God's love and truth exists between you and me.

I invite the Lords of the Akashic Records to allow masters, teachers, and loved ones of you to channel through me, out of the realms of 100% God Light to say whatever they wish.

I ask permission from the Lords of the Akashic Records so I am able to look into the Records of you and reveal whatever information I'm allowed.

Always ask permission to be in the records this day.

Once you are done saying the prayer the third time say ***"My records are now open."***

Write the date and both the question and answer in your notebook.

Close the records when you are done writing your answers to questions with ***"I give thanks to the Record Keepers. Amen, Amen, Amen"*** (out loud).

Say *"**The records are now closed.**"*

Never keep the records open if you are not working in them.

Keep a copy of the prayer with you always. You may wish to save it on your smartphone. Keep a copy in each room of your home, purse, wallet, and so on.

Practice this protocol three or more times a week.

FOOTNOTES

*1 The Gate Keepers of Akasha refer to the Akashic Records Keepers and Guides as *reference librarians.* This is a general term to help the reader or listener understand the nature of their work with a human-type example. These reference librarians are highly evolved beings that have chosen to embody the Akashic Records. They are there to serve seekers who wish to understand. Their job in the Akashic Records is retrieve information as you turn your attention to the Akashic Records. When you tune in to them they are ready to release this information to you.

*2 *Ascension* is a process that each one is stepping into as they evolve spiritually. It means that all of creation is supporting humanity to become like the saints and sages, where all people will be able to express their divine nature and be loving and nonjudgmental of themselves and their fellow humans.

*3 According to the teachings found in Theosophy, which this author has not studied, Ascended Masters are believed to be spiritually enlightened beings who in past incarnations were ordinary humans but who have undergone a series of spiritual transformations originally called initiations. In some cases an Ascended Master has achieved perfection as a human being, and life experiences have served as the initiations, allowing him or her to operate as a being who is benevolent to all of life. The Record Keepers have informed us that many of these Ascended Masters have returned to assist in the transformation of the planet. They alerted me to the book *Return of the Revolutionaries* as a substantive example of their return.

*4 Edgar Cayce was an American Christian mystic, also known as “The Sleeping Prophet,” who answered questions on subjects as varied as

healing, reincarnation, wars, Atlantis, and future events while in a trance. Records were kept of every healing session held. After his death, a nonprofit organization, the Association for Research and Enlightenment (ARE), was founded to facilitate the study of Cayce's work. He is the most documented psychic in history, with over 14,000 recorded sessions on over 10,000 subjects conducted from 1901 to 1943.

†5 "A Search for God" is the name given to Edgar Cayce formal study groups worldwide.

*6 For clarity's sake we will refer to the members of the large band of nonearthly beings called "Akashic Records Guides" with upper case letters on all three terms: Akashic Records Guides. Later in this book we will discuss individuals who have trained with my organization to serve as guides for individual clients, accessing the clients' Records. These individuals are referred to as Akashic Records International Guides, or ARI Guides.

*7 The Great Karmic Board is a group of eight Ascended Masters whose duty it is to assist humans in adjudicating and advising humanity on their earthly sojourns (source: Akashic Record Keepers).

†8 Notice the spelling of Mt. Kurama is slightly different from his name, Sanat Kumara.

*9 In previous eras on Earth, mystery schools and secret societies were formed to avoid persecution and derision; thus there was a need for secrecy, as in the concept of training to be a spiritual teacher or wisdom keeper. This dispensation was announced by spiritual hierarchy that allowed for all seekers, all humanity to access hidden knowledge. This sacred gift of Cosmic Light may be understood as the "grace" to allow for the uninitiated to safely acquire this knowledge.

*10 The 3D polarity matrix is the vibrational energy field that most humans are participating in, based on good and evil, right and wrong, and so on. It

is referred to in this way, as a matrix, to help you begin to understand that it is one way that creation expresses, not the only way.

*11 Each person has his or her own Higher Self, one of multiple versions of this self, which is fully connected to the Divine.

*12 Clearing work is discussed in chapter 3.

*13 A useful background on these body circuits can be found in the book by L. E. Eeman, *Co-operative Healing: The Curative Properties of Human Radiations* (Author-Partner Press, London, 1947); a number of later authors have delved into details of what have come to be called "relaxation circuits," or "Eeman biocircuits."

*14 This meditation is taught in my book, *Waking Up in 5D* (Rochester, Vt.: Inner Traditions, 2017).

*15 Caroline Myss—mystic, medical intuitive, and Shealy's close friend and coauthor on a number of books—is an American author of numerous books and audio tapes, including five New York Times Best Sellers: *Anatomy of the Spirit*, *Why People Don't Heal and How They Can*, *Sacred Contracts*, *Invisible Acts of Power*, *Entering The Castle*, and *Defy Gravity*. Her most recent book, *Archetypes: Who Are You?* was published in 2013.

*16 *Faden* means "thread" in German.

*17 For more information see my book, *Beyond the Flower of Life*, chapters 4 and 5.

*18 There are helpful healing exercises in chapter 2 of my book *Beyond the Flower of Life*. The tools in that chapter help a person's inner critic to evolve into his or her inner cheerleader. If a person's childhood environment had more criticism than encouragement, he or she will

benefit from them.

*19 Karee is an inner-Earth being he has been interacting with for the full disclosure of the Secret Space Program to humanity and also for his subsequential training.

ENDNOTES

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3. KEYS TO MUCH MORE THAN A KINGDOM

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1. P. M. Ullrich and S. K. Lutgendorf, "Journaling About Stressful Events: Effects of Cognitive Processing and Emotional Expression," *Ann. Behav. Med.* 24, no. 3 (2002): 244–50.

8. COMMUNING THROUGH COMMUNITY

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9. ETHEREAL CONGRUENCE

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2. Maureen J. St. Germain, "Your Fear and Worry Create Negative Loosh," Maureen St. Germain website blog entry, posted November 2, 2017, https://maureenstgermain.com/2017/11/02/your-fear-and-worry-create-negative-loosh-2.

3. Margaret Starbird has shared versions of this story in radio interviews. For a printed version see Margaret Starbird, *The Goddess in the Gospels: Reclaiming the Sacred Feminine* (Santa Fe, N. Mex.: Bear & Company, 1998), 112–14.

4. Michael Baigent, Richard Leigh, and Henry Lincoln, *Holy Blood, Holy Grail: The Secret History of Christ & The Shocking Legacy of the Grail* (New York: Dell, 2004).

5. Dan Brown, *The Da Vinci Code* (New York: Doubleday, 2003). Best seller statistics from Wikipedia, “List of Best-selling Books.”

About the Author

MAUREEN J. ST. GERMAIN is the founder of Transformational Enterprises and Akashic Record Guides International. An internationally recognized teacher and intuitive, she is also the author, musician, and producer of more than 15 guided-meditation CDs. She is the author of 4 books, including *Waking Up in 5D*, and lives in San Diego and New York.